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Celebrity pg 61

Renée reveals breast cancer scare

Teen arrested for 'gun' threat in Sask. school

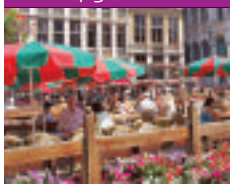
CRIME The principal of a Regina Christian high school managed to wrestle what turned out to be a pellet pistol away from an angry former student who held a pastor at gunpoint yesterday morning. The 16-year-old alleged gunman, who students said had been expelled from Luther College the previous year, was making the pastor read from a letter in front of terrified students. When Principal Mark Anderson realized the weapon wasn't a handgun, he pounced, grappling with the young man and holding him until police arrived and made the arrest.

THE CANADIAN PRESS

Election 2008 pg 10-12

- Mayors lobby for cities
- Heard on the Street
- People don't care about arts funding: Harper

Travel pg 37



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THE ASSOCIATED PRESS

An image taken from the website of Matti Juhani Saari yesterday. A gunman, whom the media identified as Saari, opened fire at his trade school in Finland, killing 10 people before shooting himself.

Gunman kills 10, self in Finland

A masked gunman whose violent YouTube postings prompted police to question him just a day earlier opened fire yesterday at his trade school in Finland, killing 10 people and burning some of their bodies before fatally shooting himself in the head.

Witnesses said panic broke out as the gunman, dressed in black and carrying a large bag, started firing in a classroom during an exam. The shootings began just before 11 a.m. local time at the Kauhajoki School of Hospitality, 300 kilometres northwest of Helsinki.

Police had questioned the gunman about the YouTube postings, but he was released because there was no legal reason to hold him, Interior Minister Anne Holmlund said.

Finnish media identified the gunman as Matti Juhani Saari, a 22-year-old student at the school.

"He was just a regular and calm guy. He had lots of friends," student Susanna Keranen said.

THE ASSOCIATED PRESS

Hate message

- Police said the gunman left two handwritten messages at the school dormitory saying he had planned the attack since 2002 and that he hated the human race. He said the attacker started several fires using "petrol bombs or Molotov cocktails."

Metrolinx debuts $50B transit plan

It's the $50-billion transportation plan the Toronto region can't afford not to build. But where the money will come from still has to be figured out.

Despite its promise of bold decisions, in the draft plan finally released yesterday, Metrolinx has backed away from recommending road tolls, congestion fees or other taxes widely touted as the way to pay for the expanded transit needed to prevent the region from choking on gridlock.

"The cost of not proceeding with this plan would be higher than the cost of proceeding with it. We cannot be scared away from this challenge," Metrolinx chair Rob MacIsaac said.

With 100 specific projects in the plan — including extending the Spadina subway into York Region; the TTC's Transit City streetcar network; electrifying GO trains; highway expansions and bike-sharing initiatives — the Metrolinx plan will add 1,150 kilometres of new transit lines over the next 25 years.

Titled The Big Move: Transforming Transportation in the Greater Toronto and Hamilton Area, the recommendations would ensure that 75 per cent of residents find themselves living within two kilometres of a dedicated rapid transit line, up from 42 per cent now.

Although the car would remain the dominant mode of transport in the large region under the Metrolinx vision, the percentage of trips taken on transit would increase to about 26 per cent, up from 16.5. Greenhouse gas emissions from cars would decline to 1.5 tonnes from 2.4 tonnes today.

Released in Toronto, the report still needs approval from the 11-member Metrolinx board on Friday.

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"The cost of not proceeding with this plan would be higher than the cost of proceeding with it. We cannot be scared away from this challenge."
Metrolinx chair Rob MacIsaac

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Man charged after building fire
Police have charged a man with torching a six-unit apartment block near Bathurst and Dupont streets Monday night, causing damage estimated at $450,000. People were inside the unit when the fire started but were uninjured, police said. TORSTAR NEWS SERVICE

Local

Tower nears completion

Ric Clark, chief executive of Brookfield Properties Corp., Wall Street's biggest landlord — left, with Coun. Joe Pantalone — was in town yesterday to put his signature on the final beam of the 1.2-million-square-foot Bay-Adelaide Tower, to be occupied by July of next year. TORSTAR NEWS SERVICE

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Tomorrow's Metro

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What's online today.

Watch as the arts take centre stage in the federal election as the party leaders take jabs at Harper for his funding cuts at www.metronews.ca/canada.

Lotteries

Ontario Pick 3	747
Ontario Pick 4	1983
Encore	1274170

Daily Keno 1, 2, 10, 11, 13, 16, 21, 27, 29, 33, 34, 39, 41, 45, 46, 48, 57, 58, 59, 65.
These results are not official.

Multi-link to airport

Metrolinx chair Rob MacIsaac says new transit networks should allow passengers to get to the airport from all directions, including the long-promised Union Station link.

With fewer than 1 per cent of all travellers getting to and from Pearson by public transit, MacIsaac says access needs to be a priority.

The plan calls for moving the Toronto bus terminal, currently at Bay and Dundas streets, to Union Station, in part to provide better bus-rail links.

Rapid transit will link to Pearson from the east along Eglinton Avenue, from the north along Finch Avenue, from the west via the Highway 403 transitway, and from the south via Highway 427 and Kipling subway station.

Pearson officials are already working with the TTC to make sure there's a light rail link directly into the terminal building, probably the planned Eglinton line, said Toby Lennox, vice-president of corporate affairs and communications for the Greater Toronto Airports Authority, who noted that 42,000 people work at the airport. TORSTAR NEWS SERVICE

Decade-long debate

- The idea of a fast rail link from Union Station to Pearson, which handles 31.5 million passengers a year, has been debated for a decade, but the proposal has been mired in controversy over regulatory hurdles and neighbourhood opposition in Weston.

Man shot dead is 52nd homicide

CRIME The patch of sidewalk where Darnell Grant, 31, collapsed on Monday after he was shot is marked with flowers.

He is the city's 52nd homicide victim this year and the second homicide in the area in less than a week. William Junior Appiah was shot on Sept. 16.

Residents of Driftwood Court near Driftwood Avenue in the Jane Street and Finch Avenue West area, reported hearing 10 gunshots about 9:15 p.m.

Two suspects were arrested after fleeing from a vehicle.

TORSTAR NEWS SERVICE

Fire Century home destroyed

PAUL PORTO/TORSTAR NEWS

Firefighters battle a three-alarm blaze that engulfed a century home on Bedford Road near Bernard Avenue around 1 p.m. yesterday. The fire destroyed the home, which was under renovation. The roof fell in after about a half-hour and walls later caved in. Police say there were no injuries.

News in brief

ROBBERY BID A suspicious package left after an attempted bank robbery forced the evacuation of a TD Canada Trust and other business on Queen Street East near Carlaw Avenue for four hours yesterday until police determined it did contain explosives. A man wearing an all-black disguise who demanded cash from a bank employee discarded the package while fleeing on foot.

ZOO With its charitable foundation going out of business, the Toronto Zoo will turn to a committee of three city councillors to plan a $250-million fundraising drive, says councillor and board chair Raymond Cho. TORSTAR NEWS SERVICE

School gets ready for change

CHANGE By Monday, every class but one at Humewood Community School is set to change. Because of the provincial cap on class size in the primary grades the elementary school has 13 students too many from junior kindergarten to Grade 3. That means 60 students in 15 classes will be shuffled into new ones.

"We all want smaller classes — no one is asking for a class of 37 — it's just the way this policy is being implemented that's too rigid," said Deborah Adams, who has a son in Grade 3.

Teachers, parents and administrators unanimously prefer to leave things as is, with five slightly larger classes rather than the disruption, she added.

TORSTAR NEWS SERVICE

Size

- Smaller class sizes were a key promise by the Liberal government when it was elected in 2004. Now, 90 per cent of classes from junior kindergarten to Grade 3 at any given board must have 20 students or less.

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Acquitted man suing cops
A Markham man acquitted of drug trafficking charges after an August trial is suing a York Regional Police officer, and the York Regional Police Services Board, for shooting him during his 2006 arrest. TORSTAR NEWS SERVICE

Many gang charges stayed

Back in June, Toronto police trumpeted a massive GTA-wide sweep as dismantling the local chapter of one of the world's most notorious street gangs.

In a series of pre-dawn raids, officers arrested 17 suspected members of the MS-13, a vicious Central American criminal organization, and charged five of them with plotting to kill a jail guard at the Toronto West Detention Centre.

But now, three months later, the case appears to be in danger of coming undone.

As of yesterday, Crown attorney Jay Spare had stayed the murder conspiracy charges against four of the five alleged co-conspirators, Hector Sanhueza, 32, Manual Pasos, 19, Ronald Morataya-Cruz, 27, and Luis Salas-Reyes, 32.

"The whole conspiracy to commit murder has collapsed entirely. Even before a single lawyer asked a single question."
Criminal lawyer Jeffry House

He has also stayed all of their charges for uttering death threats and belonging to a criminal organization.

Jorge Salas, 29, is still accused of conspiracy to commit murder and uttering death threats.

"The whole conspiracy to commit murder has collapsed entirely," said criminal lawyer Jeffry House, who represents one of the five men. "Even before a single lawyer asked a single question."

Spare told a judge yesterday he didn't believe there was a reasonable prospect of conviction for several of the allegations.

TORSTAR NEWS SERVICE

Immigration not deporting Nigerian

MISSISSAUGA For a Nigerian woman claiming sanctuary in a Mississauga church to avoid deportation, getting arrested may have been the best thing that ever happened to her.

Felicia (Ola) Abimbola Akinwalere took up residence in Trinity Anglican Church two days ahead of her scheduled deportation in October 2006. Since then, she has rarely ventured outside, but left the building on Monday, only to have two Peel Region police officers arrest her.

With Akinwalere in custody in an immigration holding centre on Rexdale Boulevard, within hours of her arrest, Akinwalere's lawyers and immigration officials negotiated a stay of the deportation order against her.

"She's free," says Rev. Steven Mackison, the minister at the church where Akinwalere has lived for the past two years. "Immigration has agreed not to deport her, and that's all we ever wanted."

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Tecumseh Mall
Toronto Eaton Centre
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Yorkdale Mall

Ex-commissioner rejects accusations

Former privacy commissioner George Radwanski told his fraud trial yesterday he was so focused on business during frequent lunches he wasn't even aware of the pleasant surroundings and fine food. "I could have been eating sawdust," he said. THE CANADIAN PRESS

Canada

All work, less play

Nova Scotians have significantly less free time than they did in the 1990s, a new study shows. They now spend 200 more hours a year working instead of playing.

METRO NEWS SERVICES

Tories to limit immigrant jobs

Conservatives discuss plan to tweak list of acceptable occupations

The federal Conservatives plan to limit acceptance of skilled workers applying to come to Canada to only 38 occupations, a move that will hurt not serve the province's labour needs, says Ontario immigration minister Michael Chan.

The proposed changes, he said, were discussed at a meeting between Immigration Minister Diane Finley and her provincial counterparts in Ottawa earlier this month. Now provinces are concerned they will have to expand their own immigration programs, and compete to fill labour shortages, Chan said.

Those applicants whose occupations are not on the list, he said, would have to apply through provincial "nominee" programs — a move that, in effect, downloads a large part of the immigration burden on to provincial governments.

"The (federal) plan would require economic-class immigrants to clear two hurdles," Chan told a news conference in Toronto yesterday.

"One is a new occupational test.

"Applicants would have to qualify in one of a narrow list of occupations — I was told 38," Chan said.

In Ontario

- Ontario launched its own immigrant nominee program last year with a target to bring in 500 immigrants.

"The second (hurdle) is the points system, which has been in place for a number of years."

The new occupational requirement selection system would allow Ottawa to reject most applicants on the basis of its occupation priority list, he said.

Neither Finley nor Chan would release the list of occupations. Finley said yesterday the government is still meeting with stakeholders and will release it later this fall. The list is part of the Harper government's sweeping immigration reforms to pick and choose which immigrants are admitted to Canada.

"All the ministers at the (Ottawa) meeting agreed that we wanted national priorities to be handled by the federal government," in other words, priorities that pertains to all the provinces, Finley explained. "The provincial nominee program is set up specially to give provinces flexibility to meet regional labour needs and priorities."

Yesterday's revelation of the Harper government's plan shocked immigration advocacy groups and service agencies in Greater Toronto, home to thousands of Canada's newcomers. and key battleground between the Conservatives and Liberals over the election campaign. Last year, 131,200 newcomers gained entry under Immigration Canada's economic class category. TORSTAR NEWS SERVICE

Man dies while waiting in hospital emergency room

DEATH It's an unacceptable tragedy that a man waited 34 hours in a Winnipeg hospital emergency room and was dead for several hours before he was finally brought to the attention of medical staff, Premier Gary Doer said yesterday.

The 45-year-old man — who was reportedly homeless — was "a regular" at the emergency room, regional health officials said yesterday.

But he was never registered or seen by triage nurses over the weekend until it was too late.

"The bottom line is we are not making an excuse for this," Doer said, after a grilling about the incident in the legislature.

"We're trying to find out what exactly went wrong and we haven't got all the answers yet."
Premier Gary Doer

"We're trying to find out what exactly went wrong and we haven't got all the answers yet."

THE CANADIAN PRESS

News in brief

EDUCATION Lakehead University in Thunder Bay, Ont., is giving Canadian students some good reasons to keep their grades up. The school says it will offer free tuition to students with a 95 per cent average. THE CANADIAN PRESS

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Nuclear chief quits
Linda Keen, the former head of the Canadian Nuclear Safety Commission has resigned from the nuclear watchdog's board of directors, saying she didn't want to be continually second-guessed by government officials. **THE CANADIAN PRESS**

Survival of cardiac arrest depends on location: Study

There is a huge variation in survival rates among people who receive emergency treatment after suffering cardiac arrest — and the overall prognosis is poor at best, a study of 10 Canadian and U.S. cities and regions has found.

A team of researchers from the two countries found that overall, less than eight per cent of people who were treated by emergency personnel for cardiac arrests in the home or elsewhere outside hospital were successfully revived.

Seattle had the best survival rate at 16 per cent, while Alabama had the lowest at three per cent. Toronto and the Ottawa region achieved about 5.5 per cent survival, while the third Canadian city in the study, Vancouver, recorded 10 per cent survival.

"Everyone needs to work to be aware of and improve their response in the community."
Dr. Graham Nichol

"The regional differences in our study are huge — 500 per cent — much greater than the regional differences in survival for patients who are hospitalized with stroke or heart attack," lead author Dr. Graham Nichol of the University of Washington, said yesterday.

"Everyone needs to work to be aware of and improve their response in the community. It's the third-leading cause of death (after other cardiovascular diseases and cancer) in either country, so if we can do that we can save a lot of lives." **THE CANADIAN PRESS**

Fuel leak caused balloon crash

REPORT A hot air balloon that caught on fire, killing two people and injuring 11 others in British Columbia last year, had numerous safety issues that might have been uncovered by regular Transport Canada inspections, says a report into the crash.

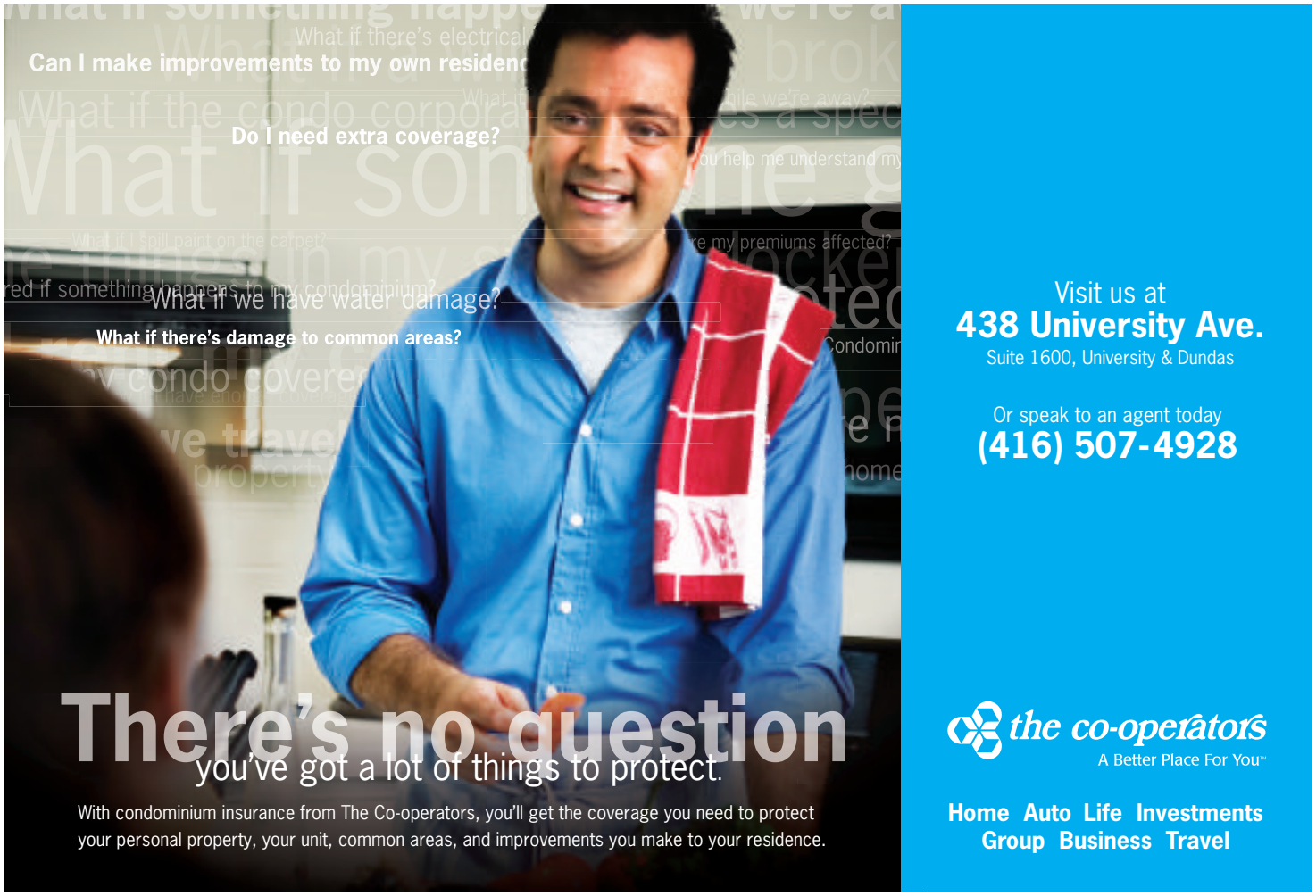
But the Transportation Safety Board report said such inspections did not happen — and they should. In the report released yesterday, the safety board noted several factors that contributed to the crash, such as a loose fourth propane tank that caught fire and a weight that "substantially" exceeded regulations.

THE CANADIAN PRESS

News in brief

COURT James Douglas Gloade swore and gave the finger to reporters and spectators as he was led into court yesterday to plead guilty to killing his grandmother, native rights activist Nora Bernard. Gloade, 24, of Millbrook, N.S., was first charged with first-degree murder but pleaded guilty to the lesser charge of manslaughter.

THE CANADIAN PRESS



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Dion against agreement with NDP

Liberal Leader Stéphane Dion has rejected any suggestion of forming a coalition with the NDP after the next election. "Mr. Layton already has his coalition, I understand. He has a coalition with the nudist party, a coalition with the marijuana party," Dion said in Burnaby, B.C. TORSTAR NEWS SERVICE

Election 2008

Cash

Tories spend like 'drunken sailors'

PROMISES A Liberal government would be hard-pressed to quickly implement its big-ticket campaign promises because federal Conservatives have spent like "drunken sailors," leaving little left in the federal coffers, a key party official says.

In a private briefing this week to party insiders, Liberal MP John McCallum, a former cabinet minister and bank economist, bluntly admitted that the Liberal's ambitious $15-billion agenda would be slowed by the lack of cash.

TORSTAR NEWS SERVICE

Mayors look for vision

Politicians urge federal leaders to invest in country's cities

Canada's mayors are telling the five federal party leaders they need more money for infrastructure, affordable housing, public transit as well as cultural and recreational facilities.

Toronto Mayor David Miller says the Oct. 14 election is a chance for all political parties to tell Canadians how they are going to support the country's major cities.

Miller called on the leaders to use next week's nationally televised debates to "set out their vision of a Canada that will prosper and succeed in the 21st century."

"Only by ensuring that our cities will succeed, can our country truly succeed."
Mayor David Miller

"Are they going to invest in public transit? Are they going to invest in our aging infrastructure in a permanent way? Will they support the creative industries and stop the cuts in arts and culture?

"Only by ensuring that our cities will succeed, can our country truly succeed."

But Miller insists the mayors are not using Ottawa as a bank machine.

"It's about the future success of Canada and Canadians."

Jean Perrault, president of the Federation of Canadian Municipalities, said yesterday it's time political leaders ask themselves what kind of town and cities Canadians want to live in.

"They want cities with clear air and water, cities with plenty of recreational facilities and transit systems that give commuters the option of leaving their car at home," Perrault told a news conference accompanied by other Canadian mayors.

"They want cities that play their role as engines of the economy and cities that are safe from violence."

Perrault and his colleagues stressed the importance of making urban development a national priority. THE CANADIAN PRESS

Coalition

Harper warns NDP supporters

POWER Stephen Harper is trying to head off the possibility the Liberals and NDP might enter into a coalition to keep the Tories out of power if no party achieves a majority victory on election night.

Responding to NDP Leader Jack Layton's speculation about possibly joining forces with Liberal Leader Stéphane Dion to form a government, Harper warned NDP supporters to be careful where they place their allegiance.

TORSTAR NEWS SERVICE

20 days remain until the 2008 Canadian federal election

Heard on the Street: Does the physical appearance of a politician influence your vote?

From Metro newsrooms across Canada

Shoilee Khan
age 24,
Mississauga

A: No, it does not. I think when politicians run they're aware that their physical appearance might, but when it comes down to it, if someone is standing for something that I believe in and I don't much like the way they look, I'll still vote for them.

Valerie Bazrafshan
age 23,
Mississauga

A: I believe so. I think that if somebody wants to convey a sense of leadership then they have to sort of conduct themselves in a certain manner and that includes their appearance and how they dress and how they interact with other people.

Mohammad Khan
age 33,
Mississauga

A: Yes, I guess to some extent. I guess it has something to do with how the person presents themselves and the overall impression of the person.

Andrea Cameron
age 19,
Halifax

A: I don't think it matters what they look like so long as they do what they say they will.

Mary O'Sullivan
age 18,
Montreal

A: No. The way a politician will act as a prime minister depends from his beliefs and ideas. To judge a candidate on how he looks is the same thing as judging him on race or religious beliefs.

Robert Berg
age 27,
Ottawa

A: Yes. If the appearance of a person is not good, I think the person is not taking good care of himself. Someone who looks good takes care of himself and it means they can take care of others better.

Ryan Kusz
age 19,
Calgary

A: I don't pay much attention. I'd probably vote the way my dad told me to, but image, it ain't much to me.

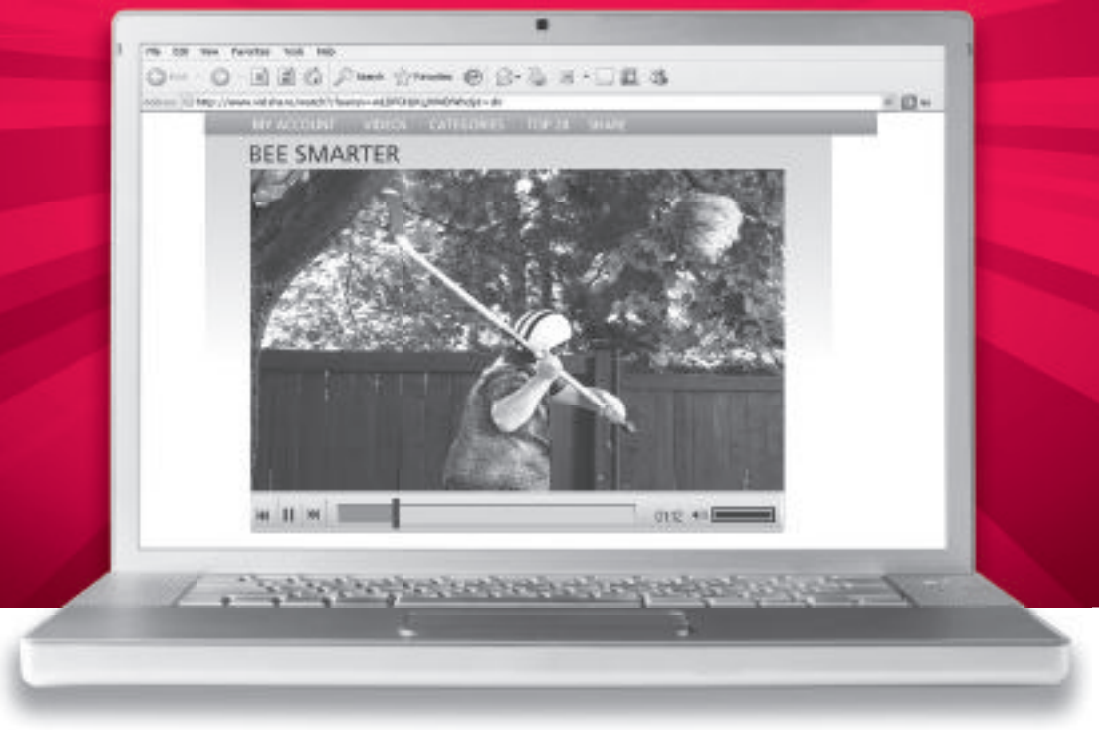
Jesse Hahn
age 24,
Edmonton

A: That's poly-sci 101. It's all about charisma, which is something the public bestows on their leader.

Leanne Holowach
age 23,
Vancouver

A: Definitely. If a politician looks like a crackhead, I won't vote for him. Image is everything in the world we live in.

STOP WAITING.
START LAUGHING.



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Maybe he should make different promises

The world's losingest politician is at it again. John Turmel is running in his 68th campaign as an independent, this time in Guelph. So far he's zero for 67, including 66 losses. He was a candidate in the Sept. 8 Guelph byelection, but that was cancelled and doesn't count as a loss. THE CANADIAN PRESS

Election 2008

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'Rich' artists whiners: PM

Conservative Prime Minister Stephen Harper has sparked a culture war with claims "ordinary people" don't care about arts funding.

Under fire for his government's $45 million in cuts to arts and cultural funding, Harper yesterday said average Canadians have no sympathy for "rich" artists who gather at galas to whine about their grants.

"I think when ordinary working people come home, turn on the TV and see a gala of a bunch of people at, you know, a rich gala all subsidized by taxpayers claiming their subsidies aren't high enough when they know those subsidies have actually gone up — I'm not sure that's something that resonates with ordinary people," Harper said at a campaign event in Saskatoon.

Liberal Leader Stéphane Dion and NDP Leader Jack Layton accused their Tory rival of having contempt for the arts.

Dion said the Conservatives "ideologically attack" the arts, while Layton predicted Harper would sell off the CBC and undermine Canadian culture if he wins a majority government on Oct. 14.

But Harper shrugged off his opponents as elitists preoccupied by "a niche issue."

TORSTAR NEWS SERVICE

Average wage

- Dispelling Harper's suggestion artists are privileged, Dion pointed out their average wage is $23,000 a year.

OnlineVideos
metronews.ca

News in brief

POLL The Liberals were showing signs of recovery as the Conservatives held on to a sizable — but shrinking — national lead in recent days, a new poll suggests. A Canadian Press Harris-Decima poll taken over the last four nights put the Conservatives at 37 per cent support — a two-point drop over the last few days — while the Liberals climbed to 24 per cent, a one-point increase over Monday's figures. The survey has the New Democrats and Bloc Quebecois steady at 17 per cent and eight per cent, respectively, while the Green party is down one point at 11 per cent. The results are considered accurate to within plus or minus 2.8 percentage points, 19 times in 20.

DAUGHTERS When you head to the polls to vote Oct. 14, remember to take your ID, your voter card — and your daughter. That last one is the recommendation of a coalition of organizations including the Dominion Institute, the Girl Guides and the YWCA. They want voters to take along their girls to help get them engaged in the political process, even if they can't vote yet.

THE CANADIAN PRESS

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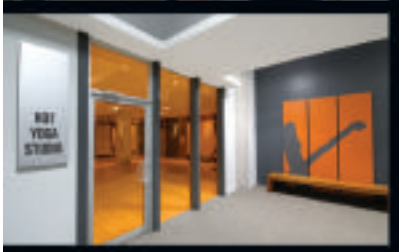

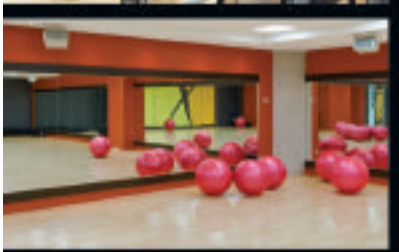

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Prominent political prisoner freed in Myanmar after 19 years

One of Myanmar's most prominent political prisoners, 78-year-old journalist Win Tin, has been released after 19 years behind bars. Relatives say his release yesterday came as part of an amnesty granted to more than 9,000 prisoners in military-ruled Myanmar. THE ASSOCIATED PRESS

World

Last war vet unveils book

A book launch was held yesterday for a novel titled Kitchener's Last Volunteer: The Life of Henry Allingham, Britain's Oldest Man and the Oldest Surviving Veteran of the Great War, which First World War veteran Allingham, aged 112, and author Dennis Goodwin wrote together.

THE ASSOCIATED PRESS

FRANK FRANKLIN II/THE ASSOCIATED PRESS

Iranian President Mahmoud Ahmadinejad addresses the 63rd session of the United Nations General Assembly at UN headquarters.

UN, multinational bodies key to fighting extremism: Bush

U.S. President George W. Bush used to express disdain for the United Nations.

But in what was likely his final speech to the world body, he says the UN and other multinational organizations are now needed "more urgently than ever" to combat extremists threatening world order.

Bush says that instead of issuing statements and resolutions after terrorist attacks, the UN and other such organizations must work closely to prevent violence.

Bush also told the UN General Assembly that the international community needs to stand firm against the nuclear ambitions of North Korea and Iran, and scolded Russia for having invaded neighbouring Georgia.

As for Iraq, Bush said that despite the UN's choice not to back his decision to go to war, member states must now unite to help the struggling democracy there succeed.

"A few nations ... continue to sponsor terror," Bush alleged. "Yet their numbers are growing fewer, and they're growing more isolated from the world.

"Some may be tempted to assume that the threat has receded," Bush added. "This would be comforting. It would be wrong.

"The terrorists believe time is on their side, so they've made waiting out civilized nations part of their strategy. We must not allow them to succeed."

THE ASSOCIATED PRESS

Iran strikes back

- In a speech before the UN General Assembly yesterday, Iranian President Mahmoud Ahmadinejad accused "a few bullying powers" of trying to thwart his country's nuclear program and declared that "the American empire" is nearing collapse.

Palin meets her first foreign leaders in N.Y. crash course

POLITICS Sarah Palin met her first world leaders in New York yesterday.

It was a tightly controlled crash course on foreign policy for the Republican vice-presidential candidate, the mayor-turned-governor who has been outside North America just once.

Palin sat down with Afghan President Hamid Karzai and Colombian President Alvaro Uribe. The conversations were private, the pictures public, meant to build her resume for voters concerned about her lack of experience in world affairs.

"I found her quite a capable woman," Karzai said later. "She asked the right questions on Afghanistan."

The self-described "hockey mom" also asked former U.S. secretary of state Henry Kissinger for insights on Georgia, Russia, China and Iran, and she'll see more leaders today on the sidelines of the United Nations General Assembly meetings.

THE ASSOCIATED PRESS

Einstein's long-lost telescope on display after restoration

HISTORY Albert Einstein's long-lost telescope, forgotten for decades in a Jerusalem storage shed, goes on display this week after three years and $10,000 spent restoring the relic.

The old reflecting telescope is cumbersome by modern standards, but a demonstration showed it still works well enough to see five of Jupiter's moons and stripes on the surface of the huge planet.

The legendary physicist, who famously theorized relations among energy, speed and mass, received the telescope from a friend named Zvi Gizeri in 1954, the year before he died.

THE ASSOCIATED PRESS

News in brief

TENSION Pakistani soldiers and tribesman shot down a suspected U.S. military drone close to the Afghan border yesterday, three officials said. If verified, it apparently would be the first time a pilotless aircraft was brought down over Pakistan and likely would add to tensions over recent American cross-border incursions into the country's tribal regions.

ELECTION Hillary Clinton has said in a CBS interview that she has "no doubt" that Barack Obama is going to be elected the next president since enough people want change from Republican policies to put the Democrat over the top.

THE ASSOCIATED PRESS

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Workers allegedly beat chief executive to death in India

More than 60 former employees of an Italian manufacturing company in India have been arrested for allegedly beating to death the company's local chief executive officer with with iron rods and wooden sticks, police said yesterday. THE ASSOCIATED PRESS

More U.S. troops may be Afghanistan bound

Up to three more U.S. combat brigades could be available to go to Afghanistan beginning next spring, defence secretary Robert Gates said yesterday, in response to repeated calls from American commanders for more troops.

Gates told the Senate Armed Services Committee that more forces can't be committed now without extending combat tours or changing troop deployments. But, in response to prodding from the committee's chairman, Democratic Senator Carl Levin of Michigan, Gates said they probably could go in the spring and summer of 2009.

Levin objected to a statement in Gates's prepared testimony that said it now may be "possible" to do militarily what must be done in Afghanistan — which has been a secondary priority to the Iraq war for years.

"It seems to me that is just simply not good enough," said Levin. "To say it's possible that we'll do what we must do in Afghanistan does not represent the kind of commitment of forces or resources that our commanders on the ground are asking us for."

In response, Gates offered the likely troop buildup next spring, but cautioned that the next president will have to weigh how large a U.S. force should be sent to Afghanistan, given that the population does not readily welcome foreign forces there.

"I think we need to think about how heavy a military footprint the United States ought to have in Afghanistan," said Gates, or "are we better off channeling resources into building and expanding the size of the Afghan national army as quickly as possible."

The military shortfall in Afghanistan has been a common complaint from commanders.

While the number of U.S. troops in Afghanistan has grown from fewer than 21,000 two years ago to more than 31,000 today, the senior U.S. general there said last week that he needs at least 10,000 more ground troops, beyond the 3,700 army soldiers due early next year. THE ASSOCIATED PRESS

Requirements

- The military requirements for Afghanistan include more helicopters, combat troops, trainers and other support forces.

Sudan says abducted tourists in Sahara desert

ABDUCTION Sudan yesterday said it knows the location of 11 Europeans tourists and their kidnappers on its territory, but has no immediate plans for a rescue operation.

Sudanese Foreign Ministry spokesman Ali Youssef said in Khartoum that negotiations are underway for the release of the tourists and their eight Egyptian guides, who were kidnapped while on a Sahara desert safari in a remote corner of Egypt. Germany is conducting the negotiations, according to Egyptian officials.

The kidnappers are demanding a ransom of up to $15 million US for the five Italians, five Germans, one Romanian and their Egyptian companions, the Egyptian state news agency MENA reported.

> **"There are no plans to storm the area as we are only concerned about the lives of the kidnapped."**
> Ali Youssef

Sudanese officials determined that the kidnappers and their captives are at a location in the desert of northwest Sudan, about 25 kilometres from the Egyptian border, Youssef said.

"There are no plans to storm the area as we are only concerned about the lives of the kidnapped," Youssef told the official SUNA news agency. "The information we have up to now says the kidnappers are Egyptian nationals." THE ASSOCIATED PRESS

Boy, 5, dumped by bus driver

CONFUSION A New York City mom wants to know why her young son was left to wander the streets alone after being dropped off by a school bus driver at the end of the line.

School officials say they don't know who put five-year-old Jaeden Vasquez on the bus Thursday — especially since he wasn't even supposed to be on it.

Five-year-old children aren't supposed to be let off school buses unless an adult is waiting. Jaeden said he was ordered off the bus at the last stop, more than three kilometres from his home. THE ASSOCIATED PRESS

Mom in car wash abuse of child gets probation

SENTENCING A mother who was videotaped spraying her two-year-old daughter with a high-pressure water hose at a Florida car wash has pleaded no contest to misdemeanour battery.

A judge sentenced Niurka (Nicki) Ramirez to one year of supervised probation on Monday.

Ramirez had said she was trying to discipline her daughter for throwing a tantrum. THE ASSOCIATED PRESS

Italy returns piece of Greek history

ARTIFACT Greece has finally taken possession of a chunk of the Elgin Marbles, and now holds renewed hopes of regaining the rest.

Italian President Giorgio Napolitano yesterday presented Greek authorities with a piece of sculpture from the Parthenon kept in a Sicilian museum for the past 200 years.

The 2,500-year-old marble fragment was one of the works Scottish diplomat Lord Elgin removed from the ancient Acropolis in the early 19th century.

Elgin gave it to a friend in Sicily during a stop on his trip back to London, where the rest of his collection is still displayed in the British Museum despite repeated Greek requests for its return.

Greek President Karolos Papoulias thanked Napolitano for the fragment's return. THE ASSOCIATED PRESS

Foot of Artemis

- The 35-by-33-centimetre artifact is a foot from a sculpture of Artemis, ancient goddess of the hunt, and originally stood above the entrance to the Parthenon.

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Cross-border emissions plan unveiled
A coalition of seven U.S. states and four Canadian provinces released a cross-border proposal yesterday to lower emissions from power plants, manufacturers and vehicles by establishing a regional market to trade carbon emissions. THE CANADIAN PRESS

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Slow, quiet recovery

Desjardins trims growth to 0.6% this year

Canada's economy faces a long period of stagnation as several risks, including softening housing construction and a tougher credit market, will force a quiet and slow recovery, says a Desjardins Group economist.

The firm's projections for economic growth were trimmed from one per cent to 0.6 per cent this year, and from 1.8 per cent to 1.3 per cent next year.

"The recovery will be slow and progressive, with no fireworks."
Francois Dupuis

"The recovery will be slow and progressive, with no fireworks," chief economist Francois Dupuis said in a note yesterday.

Dupuis pointed to "fragile" consumption in the United States and a U.S. housing market that shows no signs of recovery as two factors that have impacted Canada's exports.

He coupled that with weakening housing construction in Canada, tough credit conditions and a deteriorating labour market as factors that are taking a toll. THE CANADIAN PRESS

Hard times for Wall Street bank chiefs

JAMES DORAN
Metro World News

BAILOUT The global financial crisis has taken a big bite out of Wall Street pay packets with top bankers losing hundreds of millions of dollars as share prices collapse.

The chief executives of Wall Street's biggest banks get much of their pay in shares and stock options. So when the share prices of their banks take a dive, so too does their pay.

Dick Fuld, CEO of Lehman Brothers, which was forced into bankruptcy last week, watched more than $740 million drain out of his personal fortune as the share price plunged from a 52-week high of $67.35 to almost nothing overnight.

Fuld owned 11 million shares of Lehman stock.

Lloyd Blankfein, CEO of Goldman Sachs, lost nearly half a billion from his bank account.

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*Exchanges of 50 or more adult tickets must be done at MDP Office
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U.S. homebuilder Lennar's sales plunge

Lennar Corp., one of America's largest homebuilders, said yesterday that its sales in the third quarter plunged more than 50 per cent and it does not expect the housing market to improve "for some time to come." THE ASSOCIATED PRESS

Business in brief

INFLATION Statistics Canada's consumer price index — a key measure of inflation — rose 3.5 per cent between August 2007 and last month. That's the biggest 12-month increase since March 2003, when it increased by 4.2 per cent. Standout items were food, which rose 4.5 per cent, and gasoline, which cost motorists 26.3 per cent more than a year earlier.

G1 PHONE Google Inc. yesterday showed off the first cellphone running its mobile software. The $179 US G1 phone has a large touch screen, but also packs a trackball, a slide-out keyboard and easy access to Google's e-mail and mapping programs. The device hits U.S. stores Oct. 22.

STOLEN National Bank says a laptop containing a database of mortgage loans has been stolen from its head office in Montreal. The bank says the risk of information being used for fraud is minimal but it's taking precautions to inform and protect clients.

METRO NEWS SERVICES

Banks tighten loans

Canadians were given a reality check yesterday on how the global financial crisis would hit their wallets as bank executives predicted a slowdown in consumer lending.

Speaking at an investor conference in Montreal, Gerry McCaughey, chief executive officer of Canadian Imperial Bank of Commerce, suggested that banks could clamp down on unsecured lending.

Analysts have long speculated that banks are mulling more steps to curb unsecured lending — such as consumer lines of credit not backed by collateral — as a way to reduce risk.

Craig Fehr, a financial services analyst with Edward Jones, said consumers should also expect higher borrowing costs and fees coupled with tougher lending standards, particularly those with spotty credit.

TORSTAR NEWS SERVICES

Bank of Canada antes up

• The Bank of Canada said it would lend commercial banks and brokers $4 billion in two separate transactions to ease the credit shortage. The second transaction is actually an extension of last week's $2-billion term purchase and resale agreement.

Bailout package trips in Senate

HALT Quick passage of an historic, $700-billion US economic bailout package came to a screeching halt in the Senate yesterday as U.S. Republicans and Democrats told its backers they were seeking a blank cheque, which would leave American taxpayers holding the bag while providing golden parachutes for reckless Wall Street executives who brought this woe upon themselves.

TORSTAR NEWS SERVICE

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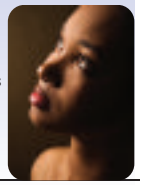
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Coyotes add Muckler to front office
Former Ottawa Senators general manager John Muckler has been hired by the Phoenix Coyotes as the team's senior adviser to the GM. Muckler is a five-time Stanley Cup winner with over 50 years of pro hockey experience. THE CANADIAN PRESS

Sports

Parker out at least one game

The Pittsburgh Steelers will be without injured Pro Bowl running back Willie Parker, left, and nose tackle Casey Hampton for Monday night's home game against Baltimore. Parker, who had 243 yards in the Steelers' first two games before being held to 20 during a 15-6 loss at Philadelphia on Sunday, has a sprained left knee that occurred late in that game. Steelers coach Mike Tomlin did not say Tuesday if Parker might miss more than one game. THE ASSOCIATED PRESS

EDITOR: SPORTS@METRONEWS.CA

Hollweg loved hockey at first puck

Leafs grinder had unique route to NHL

Ryan Hollweg didn't have your typical hockey upbringing.

Hollweg — on his way to becoming a fan favourite at the Air Canada Centre for his agitating brand of hockey — was born in Downey, Calif., in 1983. Hardly a hockey hotbed.

Hollweg's German-born, Brazilian-raised father, Victor, didn't know what to call those boot-thingies that hockey players wore on their feet when they're on the ice.

But when Wayne Gretzky was traded in 1988 to the Los Angeles Kings, Hollweg simply had to play hockey. Good thing his mother, Helen, was from British Columbia, knew what skates were, and where to find hockey arenas.

"She called up a rink and asked if they had hockey," said Hollweg. "Me and my brother (Bryce) hadn't put on a pair of skates or seen the game of hockey before and they were like: 'Okay, you guys were on the team.' Without even practising. There was nobody in it."

One game, and Hollweg was hooked.

"It was always my dream," said Hollweg. "It was always what I wanted to do. When I was a little kid, every school report I'd write, or every picture that I drew, was about being a professional hockey player."

IM MCISAAC/GETTY IMAGES

New Maple Leafs forward Ryan Hollweg, right, grew up in California where hockey rinks were hard to find.

While the minor hockey situation in southern California has improved immensely in the post-Gretzky era, it was difficult at the time for Hollweg and his younger brother to get enough games to improve. There simply weren't that many arenas or teams around. But it's what the brothers wanted, so the parents pursued it.

"We were travelling every weekend to play in tournaments, all over the Pacific Northwest," he said. "We'd drive an hour and a half just to get some ice time. Our mom would pick us up from school and we'd go to the public rink just to skate. It was a lot of sacrifice."

Hollweg left home at 13, pursuing hockey in the San Francisco area for a year in an experimental program that drew the likes of Stanislav Chistov from Russia.

TORSTAR NEWS SERVICE

Sports in brief

MLB The Red Sox will retire Johnny Pesky's number on Friday night, putting his No. 6 on the upper deck facade alongside those of teammates Ted Williams and Bobby Doerr.

MLB Wally Joyner quit yesterday as hitting coach of the San Diego Padres. San Diego began the day with a .250 batting average, 27th in the major leagues.

NFL Centre Tom Nalen, the last link to the Broncos' Super Bowl titles of the late 1990s, was placed on injured reserve yesterday, ending his season.

THE ASSOCIATED PRESS

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Tampa Bay 5 Baltimore 2
Kansas City 5 Detroit 0
Cleveland at Boston
N.Y. Yankees at TORONTO
Oakland at Texas
Chicago White Sox at Minnesota
Tampa Bay at Baltimore
L.A. Angels at Seattle

NATIONAL LEAGUE
Atlanta at Philadelphia
Florida at Washington
Chicago Cubs at N.Y. Mets
Pittsburgh at Milwaukee
Cincinnati at Houston
Arizona at St. Louis
San Diego at L.A. Dodgers
Colorado at San Francisco

TODAY'S GAMES

AMERICAN LEAGUE
Oakland at Texas, 2:05
Cleveland at Boston, 7:05
Kansas City at Detroit, 7:05
Tampa Bay at Baltimore, 7:05
N.Y. Yankees at TORONTO, 7:07
Chicago W. Sox at Minnesota 8:10
L.A. Angels at Seattle, 10:10

NATIONAL LEAGUE
Atlanta at Philadelphia, 7:05
Chicago Cubs at N.Y. Mets, 7:10
Florida at Washington, 7:10
Cincinnati at Houston, 8:05
Pittsburgh at Milwaukee, 8:05
Arizona at St. Louis, 8:15
San Diego at L.A. Dodgers, 10:10
Colorado at San Francisco, 10:15

CFL

WEEK 14

FRIDAY'S GAME
Edmonton at Winnipeg, 8

SATURDAY'S GAMES
Calgary at TORONTO, 7
Hamilton at B.C., 10

SUNDAY'S GAME
Saskatchewan at Montreal, 1

NFL

WEEK 4

SUNDAY'S GAMES
Arizona at N.Y. Jets, 1
Minnesota at Tennessee, 1
Denver at Kansas City, 1
San Francisco at New Orleans, 1
Atlanta at Carolina, 1
Cleveland at Cincinnati, 1
Green Bay at Tampa Bay, 1
Houston at Jacksonville, 1
Buffalo at St. Louis, 4:05
San Diego at Oakland, 4:05
Washington at Dallas, 4:15
Philadelphia at Chicago, 8:15

MONDAY'S GAME
Baltimore at Pittsburgh, 8:30

SOCCER

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SATURDAY'S GAME
Houston at TORONTO, 3:30

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Argos sign James Lofton's son

The Toronto Argonauts signed defensive back David Lofton to their practice roster yesterday and released import linebackers Matt Hewitt and Timothy Strickland. Lofton, the son of Pro Football Hall of Fame receiver James Lofton, played four games for the Hamilton Tiger-Cats last season. THE CANADIAN PRESS

Lions ruining the York name

Football coach McLean blunt in assessment of team

YorkReport

Marty York

marty.york@metronews.ca

"Marty," the e-mail started, "you might want to change your name, or start a petition for York University to change its name."

The e-mailer didn't need to elaborate. I got the point immediately. York, after all, not only happens to be my surname, but my alma mater, too. And York's football team is absolutely dreadful. After four games this season, the Lions are 0-4 and have been outscored by an aggregate total of — brace yourself — 240-17.

York's new head coach, ex-Edmonton Eskimos linebacker Mike McLean, makes no attempts to camouflage his team's deficiencies. I asked him yesterday if it is likely that York will record a winless season.

"Yes, it is," he said.

Does he see light at the end of the tunnel?

"It'll take time to get there," he said. "We inherited players who have old habits they need to break and we need to do some good recruiting (in the off-season)."

McLean, who never missed the CFL playoffs during his Eskimos career (1986 to 1992), took a winless Edmonton Huskies team before he ultimately coached it to the Canadian Junior Football League championship a few years back. He hopes to record a similar turnaround with York. In the meantime, though, York's follies are depressing him. They're not doing much for me, either.

• Yankee Stadium is history but, in his late 90s, legendary public-address announcer Bob Sheppard is not.

Sheppard's battling health issues, but he was able to participate in the stadium's closing ceremonies Sunday night by recording the Yankees' lineup from home. He plans to be announcing at the new Yankee Stadium next season, but get this:

Thanks to modern technology, Sheppard may be introducing lineups at Yankee Stadium long after we're all gone. Computer wizards are working with Sheppard this week to record his voice enough so that, down the road, they can ensure his announcements eternally at Yankee Stadium.

• Steiner Sports, which has partnered with the Yankees to sell stadium memorabilia, is offering a 30-by-18-inch piece of the centre-field scoreboard for $699 U.S., and a 10-by-10-foot hunk of blue carpet from the clubhouse for $10,000. Also on the block are five glass shower-stall doors from the clubhouse for $2,000 apiece … Yankees captain Derek Jeter was spotted celebrating at a New York bar the other night with a bevy of young ladies and a few rounds of $200-a-glass Remy Martin Louis XIII … And the Tampa Bay Rays celebrated their first post-season qualification in their clubhouse last week with, believe it or not, 25 cases of beer and 212 bottles of champagne.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

The 100-year mystery of the Cubs

• Chicago Cubs legend Ernie Banks has a new book coming out, coinciding with his ex-team's post-season journey, and he divulges in it that a voodoo priestess told him when he was a child that he'd be a famous baseball player. The book is called Hoodoo: Unraveling the 100-year Mystery of the Cubs. The Cubs hope to end their 100-year World Series drought next month with a championship.

Carling Cup Arsenal embarrass Sheffield United 6-0

PHIL COLE/GETTY IMAGES

Nicklas Bendtner of Arsenal scores his second goal during the Carling Cup third round match between Arsenal and Sheffield United. Arsenal crushed Sheffield 6-0 yesterday. In other games Manchester United beat Middlesbrough 3-1, Liverpool edged League One Crewe 2-1.

Contador will quit if Lance returns

CYCLING If Lance Armstrong joins the Astana cycling team for his comeback, then Alberto Contador is ready to leave.

"I think I've earned the right to be the leader of a team without having to fight for my place," the Spanish rider said yesterday in the AS newspaper. "And with Armstrong some difficult situations could arise in which the team would put him first and that would hurt me."

Contador, the 2007 Tour de France champion, won the Spanish Vuelta on Sunday. THE ASSOCIATED PRESS

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Green grabs starting job

Trent Green, the 38-year-old backup quarterback for the St. Louis Rams, will start in Sunday's game against Buffalo.. THE ASSOCIATED PRESS

Urban legend grows

Brent Urban no longer is in quest of a coveted jewel.

A dominant high school football player, the Lorne Park Secondary defensive end took care of some personal business this summer, putting his name on an athletic scholarship offer from the University of Virginia. That leaves the 6-foot-7, 280-pound behemoth, with plenty of time to focus on his next priority — a high school championship.

"I've never won a football title with my school and I'm running out of time," said the 17-year-old, whose fierce physical play has been a menace to opposing quarterbacks.

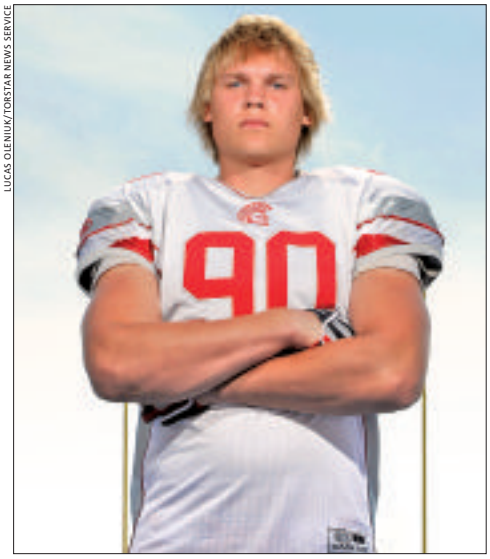
Anything but a slumbering giant, Urban gave some consideration to continuing his education and playing football for the defending Yates Cup champions at the University of Western Ontario. But attending summer football camps the past few years at Penn State and Notre Dame stirred up plenty of interest. When schools, ranging from Maryland to Louisville to Connecticut, started talking seriously with him, he got hooked on the NCAA.

"Virginia fits real well with me — the school was in a bowl game last year and I like what they have to offer," said Urban.

Virginia almost won the 2008 Gator Bowl, losing to Texas Tech on a last-second field goal.

TORSTAR NEWS SERVICE

LUCAS OLENIUK/TORSTAR NEWS SERVICE



Brent Urban, a 6-foot-7, 280-pound defensive end from Lorne Park Secondary School, was highly recruited by Canadian universities but has chosen to attend the University of Virginia.

Houston to play opener despite hurricane damage

The Houston Texans plan to play their home opener at hurricane-damaged Reliant Stadium on Oct. 5. The stadium's retractable roof lost five pieces in the storm and officials said large pieces of debris had fallen into the stadium during hurricane Ike. THE ASSOCIATED PRESS

The Don confident despite quarterback questions

The Toronto Argonauts are back to a two-quarterback system.

At least for yesterday, when incumbent starter (one game) Cody Pickett and the league's reigning MVP Kerry Joseph pretty much split practice repetitions in their return to work.

"We're going to let both take reps today, then we'll take a look at that," said coach Don Matthews.

Want a clue? Stick around and count the reps, Matthews said.

"One guy gets 20 and the other gets 19. Read nothing into it," laughed coach Don, who'll have his No. 1 well before the Stampeders storm the Rogers Centre Saturday night.

Cody Pickett

These would be the guys who smoked the Boatmen 34-4 in Calgary on the weekend.

That little number — the Argos' third straight setback (and outscored by a handsome 118-32 in the process) — bounced them to 4-8 on the year, even with the Blue Bombers for what will most likely be the East's second and final playoff berth.

To hear Matthews go over it yesterday, the Argos turned in a fairly decent football game in Cowtown.

"There were a lot of positives," he said. "Defensively, we were very solid in a lot of things. We had eight two-and-outs. We gave up six points in the second half. We mostly controlled the run up until the end, when the game was no contest.

On the other hand, there were the turnovers.

"Offensively, the disappointment was we took ourselves off the field eight times (penalties, three fumbles and an interception)," said Matthews.

TORSTAR NEWS SERVICE

Lou Gehrig's claims life of Hilgenberg

OBIT Former Minnesota Vikings linebacker Wally Hilgenberg died after a battle with Lou Gehrig's disease yesterday. He was 66.

Wally Hilgenberg

Hilgenberg played in college at Iowa and then spent 16 seasons in the NFL, including 12 with the Vikings from 1968 to 1979. Hilgenberg was a solid member of a feared defence that led the Vikings to four Super Bowl appearances. Hilgenberg led the team in total tackles with 110 in 1971 and his 13 combined tackles at Chicago on Oct. 23, 1972, remains tied with Scott Studwell for the most by a Vikings player in a single game. THE ASSOCIATED PRESS

Brett Farve to play despite ankle

NFL Brett Favre's playing streak appears safe.

The New York quarterback rolled his left ankle during the third quarter of the Jets' 48-29 loss at San Diego on Monday night, but coach Eric Mangini wasn't overly concerned about Favre's injury. He has started an NFL-record 256 straight regular-season games, and is expected to start Sunday at home against Arizona.

THE ASSOCIATED PRESS

Sports in brief

CIS FOOTBALL The Laval Rouge et Or (3-0) are on top of the Canadian Interuniversity Sport football rankings for a fourth straight week. The rest of the list includes: the No. 2 Western Ontario Mustangs (4-0), No. 3 Saint Mary's Huskies (3-0), No. 4 Queen's Gaels (4-0), No. 5 Ottawa Gee-Gees (3-1), No. 6 Saskatchewan Huskies (2-1), No. 7 Simon Fraser Clan (3-1), No. 8 Sherbrooke Vert & Or (3-0), No. 9 Stingers (2-1) and No. 10 Calgary Dinos (2-2).

THE CANADIAN PRESS

Automotive

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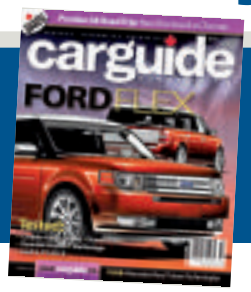

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Subaru lands a knockout

Revamped Impreza adds some pizzazz to a reliable ride

LORNE DRURY
for Metro Canada

Subaru has built a reputation over the years of producing safe, reliable, and functional vehicles.

While far from being disasters in the styling arena, most Subarus have never had what you would call that "knockout" punch when it comes to looks. Much like the Volvos of yesteryear, Subaru became know for solid, dependable vehicles that tended to blend in with the crowd and didn't set hearts aflutter.

But that appears to be changing as a look at Subaru's 2008 Impreza lineup will attest.

I recently spent a few days with the Impreza 2.5i five-door hatchback, decked out with the fancy Sport Package, and it was impressive both from a looks and performance standpoint.

The Impreza is an all-new car for 2008 and the 2.5i Sport five-door is the best looking model in the lineup in my opinion. Subarus may be changing from a design standpoint, but they continue to offer what has made them popular in the first place, functionality and, of course, their trademark all-wheel drive feature standard on all models.

On the five-door models, Subaru's new design for the Impreza features a sweeping roof line curve that flows into an aerodynamic rear spoiler. Front and centre is Subaru's new spread-wing logo design at the top of the wider grille. There's also a character line sweeping upward at the rear that produces a distinctive look.

The interior of the Subaru Impreza has more hip and shoulder room than previous models.

Now in its third generation, the Impreza for 2008 comes in both four-door sedan (unique to the North American market) and five-door hatchback body styles with a choice of five-speed manual or four-speed automatic transmission with Sportshift. Both sedan and five-door are available with the Sport Package or turbocharged WRX option.

The basic powerplant is a 2.5-litre Boxer engine, delivering 170 hp and 170 lb/ft of torque. The WRX gets the 2.5-litre with a turbocharger and double overhead cams to produce 224 hp and 226 lb/ft of torque.

Prices start at $20,695 for the 2.5i sedan with manual transmission. The 2.5i five-door is $21,595, while the 2.5i sedan with Sport Package is $23,195 and the five-door Sport is $24,895. The WRX sedan with manual is $32,995 and the WRX five-door prices out at $33,895. Add $1,100 for the automatic transmission.

2008 Subaru Impreza

Type: Sedan
Price: $20,695-$33,895
Engine: 2.5 four-cylinder
HP: 170-226

Highlights

- All-wheel drive
- Comfortable cabin
- Roll-back prevention

Standard features on all Imprezas include anti-lock braking system (ABS) with electronic brake-force distribution (EBD), front disc and rear drum brakes, driver and front passenger front and side-impact airbags and side curtain airbags, 16-inch steel wheels, power heated mirrors, AM/FM/MP3/WMA audio system with four speakers, air conditioning, cruise control, 60/40 split folding rear seats and cloth upholstery.

The Sport Package adds rear disc brakes, brake assist, vehicle dynamics control system and traction control, 16-inch aluminum alloy wheels, body colour door handles, halogen fog lamps, windshield wiper de-icer, leather wrapped steering wheel and gear selector, heated front seats and an enhanced audio system.

My time with the Impreza was uneventful from a weather standpoint, so I really had little chance to put the symmetrical all-wheel drive system to the test.

Subaru offers two types of all-wheel drive systems on the Impreza that are mated to the manual or automatic transmission.

In both cases, the system reacts to wheel slippage and power is supplied to the wheels with the best traction.

Inside, the cabin is comfortable with more hip and shoulder room than on previous models. The door opening has also been enlarged to make it easier to get in and out. A longer wheelbase 9.5 cm (3.7 inches) results in more rear seat legroom.

A new feature is a Hill Holder Incline Start Assist to prevent vehicle roll-back, standard on 2.5i Sport and WRX models equipped with manual transmissions.

Competitive pricing, a new emphasis on design and Subaru's continued refinement of the mechanical components, make the 2008 Impreza a solid choice in the compact segment, which made up more than 25 per cent of all vehicles sold in Canada last year.

Ecolumination technology, developed by Ceravision Ltd., uses microwaves to power electrode-less bulbs.

An illuminating idea in lighting

Ceravision Ltd., the company working on the ultra energy-efficient Ecolumination lighting range, recently partnered with leading English motor racing team to demonstrate its automotive lighting system.

A set of headlights was fitted to a BMW race car and tested at Silverstone, the home of the British F1 Grand Prix.

Ceravision's Ecolumination technology is a revolutionary, high-quality, low-cost, energy-efficient lighting system, which uses microwave technology to power electrode-less bulbs.

The bulbs are simple to adapt to existing designs and are mercury-free. Ecolumination is leading innovation in the global lighting industry, bringing new levels of efficiency and quality to both indoor and outdoor lighting.

With the success of the initial testing, Ceravision is now seeking development partners in the automotive lighting industry to bring the headlights rapidly to market.

The system is available for licensing by qualified manufacturers.

Mazda creates a big beauty

Crossover CX-9 makes a family drive more fun and less stressful

MICHAEL GOETZ
for Metro Canada

The first day of school is exciting — if you're a girl. If you're a boy, not so much. But it also seems to be okay, strangely enough, for large vehicles that call themselves crossovers. The Mazda CX-9 GT came to class ready for anything we could throw at it. And when it graduated, it was sporting a very impressive report card.

The CX-9 is Mazda's largest vehicle. Now that minivans aren't cool enough — and many automakers, like Mazda, no longer feel the need to offer one — the seven-seater CX-9 fills the role as the brand's premier people mover.

It's based on the Mazda 6 platform, which has been modified and massaged for its new duty. It shares the 273-hp 3.7-litre V6 doing duty in the Lincoln MKS, and said V6 is hooked up to a six-speed Aisin automatic transmission.

The most inexpensive CX-9 is the FWD GS model, at about $39,995. But ours was the most expensive CX-9 in the catalogue — a fully optioned GT model ($51,710).

GT models start the proceedings at about $46,825; its most notable enhancement over GS models is the lovely 20-inch wheel and tire set. Our baby also got AWD ($2,000), DVD system with Bose 5.1 surround-sound stereo with 11 speakers and wireless headphones ($2,675), and a package that included copious luxury bits, navigation with Bluetooth, and rear-view camera ($1,520).

Beauty is always in the eye of the beholder, so go and behold yourself, but we think Mazda did a great job in marrying sporty details into a sleek people-mover format.

We won't list the standard safety and convenience features, because, believe us, it's not lacking in any.

Topping our lists of positives is styling. Beauty is always in the eye of the beholder, so go and behold yourself, but we think Mazda did a great job in marrying sporty details — like those lights, wheels and integrated exhaust tips — into a sleek people-mover format.

The look and feel of the inside of the vehicle also garnered its share of raves. The faux wood used throughout the cabin is a dark, heavily lacquered variety, symbolic of a type found in traditional Japanese art work.

However, while touchscreen controls are cool and high tech, most of us would still prefer durable and easy-to-reach controls for items that need frequent adjusting. And while the wrap-around centre console is beautiful to behold, a few of us thought it made the cabin feel less spacious.

2009 Mazda CX-9

Type: Crossover
Price: $39,995-$46,825
Engine: 3.5 V6
HP: 263

Highlights

- Spacious
- Attractive styling
- Long-haul specialist

Customers more obsessed with chassis dynamics will also be pleasantly surprised. The vehicle performs better than its size and weight would indicate. The CX-9 wouldn't be anyone's first choice for doing a mach schnell around the Nurburgring, but for a big crossover it steers and handles as good as any.

The front seats and driving position were also praised. They are crucial cogs in the CX-9's prowess as a long-haul specialist. Also, the DVD player/babysitter (with wireless headphones) might have a little hand in keeping the stress levels down on long family rides.

The second row is 60/40 split-bench affair that can slide fore and aft, so there is a ton of legroom to be had back there. This is a very long vehicle; so not surprisingly, there is more than an average amount of cargo space behind that second row, and behind the third row as well, when that row is up and/or in use.

The second-row bench is very well designed, but if your family is six or less, two captain chairs in the back would be more comfy, keep sibling skirmishes down, and make third-row access better (at least for small fry.)

Fuel economy is not stellar, but this shouldn't be a big shock as the CX-9 is what it is — a big crossover. Energuide ratings are: 14.0 L/100 km city, 9.7 L/100 km hwy. And note that you pay a discernable premium for AWD: the FWD CX-9 is rated at 13.2 L/100 km City, 9.0 L/100 km Hwy.

If you need the room and seven-passenger seating, you need to have this vehicle on your shopping list. Its attributes are substantial, its indiscretions minor. Our gang loved it.

Dewar win celebrated by Cadillac fans

Cadillac fans and owners congregated on September 21 at the Brooklands Museum in Surrey, England to celebrate the legendary American brand's first Dewar Trophy win, which took place at the site 100 years ago.

More than 40 UK-based vintage Cadillacs from the brand's 106-year history were on display and joined by the latest generation of cars on sale in the UK.

Cadillac won the Dewar Trophy in 1908 after Englishman Fred Bennett persuaded the Royal Automobile Club to oversee an unprecedented mechanical standardization test. Three identical Cadillac models were dismantled, their parts mixed up and the cars reassembled under strict regulations.

Each car then ran without fault for 500 miles around the Brooklands track, stunning the watching media. With the award went the judges' citation: Standard of the World. A phrase coined by Cadillac to this day.

The Royal Automobile Club conceived the Dewar Trophy in 1905 to promote technical progress in the automotive field.

The award is held in as high regard today as it was in the earliest years of the 20th century.

Wilfred Leland Jr., the grandson of Henry Leland, Cadillac co-founder, is shown sitting in the Dewar Trophy shortly the 1908 win.

System developed to stop driver fatigue

Mercedes-Benz has developed the innovative driver support system Attention Assist.

It is able to recognize driver fatigue at an early stage and warn the driver that a break is called for soon.

The system will enter series production in spring 2009.

Scientific studies indicate that overtired drivers cause around 25 per cent of all serious accidents occurring on motorways. In other words, this accident cause is of even more significance than

During long-distance journeys in the dark, or under unchanging conditions at a constant cruising speed, the risk of the "one-second nap" is greatest because the driver's attention lapses and monotony increases the danger of falling asleep even further.

Studies have shown that the reaction times of drivers can be 50 per cent longer after only four hours of non-stop driving.

The risk of an accident is doubled after this length of time, and after six hours of driving it is no less than eight times as high.

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FIVE-STAR FRONTAL CRASH TEST RATING◊

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CITY: 9.2 L/100km (31 MPG▲

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See your dealer for complete details. ▲2009 Aveo/Aveo5 model with manual transmission (with 45 L fuel tank). 2009 Cobalt LS XFE model with manual transmission (and 50 L fuel tank). 2009 HHR LS/Panel LS model with manual transmission (and 45

Malibu gets hot

Wins North American Car of the Year for '08

ROB BEINTEMA
for Metro Canada

The Chevrolet Malibu, reinvented and resplendent in new design and content levels, was named 2008 North American Car of the Year, almost doubling its sales numbers in the last year.

A committee of fellow automotive journalists selected the 2008 Chevrolet Malibu as North American Car of the Year at this year's North American International Auto Show in Detroit. It's been a year of honours for the Malibu since then, including an appearance on Car and Driver's "10 Best Cars" list and selection by Kelley Blue Book as "Best Redesigned Vehicle for 2008."

The Malibu nameplate was revived in 1997 with a car that did nothing badly but committed the graver sin of being just plain boring.

Fortunately, GM's designers also intelligently agreed with that verdict as well, and went back to the blackboard. With the adoption of Euro-inspired performance, an Opel-based Epsilon platform, wheels-to-the-corners architecture and dramatically more aggressive styling, the sixth-generation 2008 Malibu has finally become a worthy contender in a mid-size field dominated by Accord and Camry.

"The 2008 Malibu rewrites Chevrolet's mid-size car strategy, offering a stylish, uncompromising package that stacks up against the most popular competitors," said Marc Comeau, GM Canada vice-president vehicle sales service marketing. "We know the competition is very good, and this new Malibu has the goods — both tangible and intangible — to assert a leadership position in the segment and re-affirm Chevrolet's commitment to expressive cars."

Up front, the Malibu's dual-port grille with the bow-tied bar across the middle is reminiscent of Silverado style, the new global face of Chevrolet and a striking one at that. The profile is substantial yet sleek with a lower and longer greenhouse, a short rear deck and aggressive wheel arches. The twin round taillamps suggest older Chevy or Corvette heritage.

An array of striking new interior choices among different trim levels exemplifies the Malibu's new levels of amenity content and quality.

GM is boasting of precise build and tight gaps but open the door, slide into the seat and inside is where those qualities really shine.

A mix of premium materials and available two-tone layouts offer a handsome selection of elegant choices. My photos show the Titanium version but my personal favourite is the Ebony/Brick interior with contrasting piping on the seats and chrome trim highlighting the dash. That layout was designed in Chevrolet-signature, dual-cockpit style with gauges backlit in a very cool shade of blue.

The Malibu comes standard with front, side and side curtain airbags; air conditioning; tilt/telescopic steering wheel with cruise controls; and 6-speaker AM/FM/XM Satellite audio to name just a few items.

There are five trim levels to pick and choose from — LS, 1LT, 2LT, LTZ and the Malibu Hybrid.

2008 Chevrolet Malibu

Type: Sedan
Price: $22,995-$33,610
Engine: 2.4 4-cyl.-3.6 V6
HP: 164-252

Highlights

- Hybrid option
- Quiet driving experience
- Exceeds expectations

The Malibu's base engine is 2.4-litre Ecotec four-cylinder that makes 169 hp at 6,400 rpm and 160 lb/ft of torque. This engine is willing enough and it is available across all trim levels, mated to a Hydra-Matic four-speed automatic transmission. Top-of-the-line Malibu LTZ models blend the four-cylinder engine with a new Hydra-Matic 6T40 six-speed automatic — a nice blend of fuel economy and laid back highway cruising ability, and the only four-cylinder/six-speed automatic combination in the segment.

For those willing to sacrifice a little econo for passing power, an available 3.6-litre V-6 VVT all-aluminum DOHC engine harnesses a more potent 252 hp. It is smoother than the four-banger and better able to pull a full-size family load.

"We know the competition is very good and this new Malibu has the goods."
Marc Comeau, GM Canada vice-president

My LTZ tester with this combo also featured Driver Shift Control (DSC), which enables the driver to shift manually with steering wheel-mounted controls. A nice touch but unnecessary in this class of smooth cruiser.

With seat time in both engine versions, I was glad I could also test the Malibu Hybrid, which mates an electric motor/generator to the 2.4-litre Ecotec VVT four-cylinder engine and Hydra-Matic 4T45 four-speed transmission. This isn't exactly the most dedicated hybrid in the marketplace. The electric boost to engine power is minimal and only available under full-throttle passing and hard acceleration. The system is really geared more toward reducing gas consumption by shutting off the fuel during vehicle deceleration and keeping the engine turned off when stopped to minimize idling. The 36-volt, six-module battery recharges through the engine and during deceleration through regenerative braking, and has been designed to automatically maintain full accessory power, including climate control, when the vehicle is stopped with the engine off. There are two steering systems, each with excellent turn-in and road feel — a variable electric power-assist steering system with the 2.4L engine and hydraulic-assisted steering systems on V-6 models.

You know, for the last few decades or so, the "domestic" manufacturers have been battered by the press, beaten by the competition and often ignored by customers who have been made more demanding by content and qualities that always seemed only inherent to imports.

Which is why it's really nice to see a GM car that not only meets driver demands but exceeds customer expectations.

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Spyder slings epic style

Leads the pack for brands Mitsubishi brings to table

JIM ROBINSON
for Metro Canada

The Mitsubishi Spyder (GT-P version shown) has been given a number of enhancements for 2009.

In its very short lifespan as a Canadian car company, Mitsubishi has had its mountains to climb.

Opening its doors some three decades after Toyota, Honda and Nissan, getting noticed is the trick.

For that you need what the industry pundits call a "halo" car, a vehicle that shows what the company can do while setting a tone for the whole model line-up.

Today the halo is very much the potent Lancer Evolution GSR and MR.

But it also helps to have more than one halo as Audi and BMW know only too well, and for Mitsubishi that is the Eclipse, and more correctly, the Eclipse Spyder.

The Eclipse was introduced in 2006 as a 2007 model. It was described at the time (and it still holds true) as appealing to "Generation E," which stands for everyone because it's all about having fun and enjoying life and that's not restricted to age and demographics.

For 2009, the Eclipse is in a mid-life change designed to keep it contemporary.

It will be offered in Coupe and Spyder (convertible) body styles and in two trim/drivetrain models.

The GS comes with a 2.4-litre, SOHC inline four-cylinder producing 162 hp and 162 lb/ft of torque through a choice of standard five-speed manual or optional four-speed electronic automatic with Sportronic sequential manual shift mode. The GT-P is fitted with a 3.8-litre SOHC V6 producing 265 hp and 262 ft/lb of torque. That's five more horsepower than the 2008 model due largely to the new dual exhaust system. Fuel consumption is listed at 13.1L/100 km (27) mpg) city and 8.0L/100 km (35 mpg) highway

The interior is clean and simple and surprisingly roomy. The GT-P's standard leather sports seats (shown) place the driver directly in front of the gauge cluster that is easy to read at a glance.

Perhaps the biggest change is visual. The 2007 didn't have a straight line anywhere.

It was all French curves, loops and ellipses, making the car appear almost liquid in form. For 2009, it's been toned down because voluptuousness can also lead to looking pudgy. So the result is a more svelte shape, but still very much an Eclipse.

Another big change is at the front where the Eclipse now wears the firm's new signature look of a jet fighter intake, first seen on the Lancer and now on the Evo as well.

The passenger area is more like a cockpit, where you are placed low and snug in the sports seats while the interior carries over the same swirl of lines across the dash and down the sides of the doors.

The gauge package is similar to a big motorcycle. The power top is simple to operate and goes down in 19 seconds and hides under a rear deck body panel.

2009 Mitsubishi Eclipse GT-P Spyder

Type: Sports car
Price: $37,798 as tested
Engine: GS, 3.8 V6
HP: 265

Highlights

- Front-wheel drive
- Slimmer look
- Excellent warranty

The lines of the soft top follow those of the coupe. The multi-layer top is woven from cloth, not vinyl, for two reasons.

It retains heat much better in the winter and resists "ballooning" at speed.

Four-wheel ventilated disc brakes with ABS and Electronic Brake Force Distribution are standard on both cars as is speed-sensitive power steering. Front suspension is coil springs over MacStruts with an independent multi-link system at the rear with both ends tied down by stabilizer bars.

Badged here as a GT-P, the V6 we get is actually what the Americans call the GT V6 plus the Premium Package. Thus the V6 here comes with just about every option Mitsubishi can build in. This includes leather and heated front seats, heated mirrors, climate control and 18-inch alloy wheels. If you opt for the GT-P coupe, it comes with a very large hoop-style rear wing.

I spent the better part of a day with this Spyder roaming around the Caledon Hills area north and west of Toronto under a strange sky with the remnants of hurricane Gustav boiling above in blue and grey bands of cloud that, strangely, resulted in just a few drops of water here and there.

Pricing for the GT-P Spyder I drove was $37,798 that compares, interestingly, with the 2009 Mazda MX-5 Miata Special Edition at $37,490 with a 2.0-litre four-cylinder with 170 hp on tap.

With the fall coming, I can't think of a more pleasant place to be than in an Eclipse Spyder GT-P with the top down and the hues of autumn passing by.

Setting fuel use records

Two of the world's most fuel-efficient drivers, John and Helen Taylor, are a third of the way through their attempt to break the current world record for lowest fuel consumption across the 48 contiguous United States.

To help them along the way, they are driving the all-new, 50-state-compliant clean diesel Volkswagen Jetta TDI, fuelled by Shell's best diesel fuel.

The current Guinness World Record for the lowest fuel consumption on a U.S.-wide drive is 51.58 miles per gallon.

As of end of day, Wednesday, Sept. 10, the Taylor's have driven more than 2,753 miles through more than 24 states averaging about 58.78 U.S. miles per gallon.

People are encouraged to e-mail the Taylors along the way at fuelacademy@gmail with any questions they may have about the tour, the vehicle or about fuel economy tips and join their "Fan" page on Facebook.com.

As of Sept. 10, 805 people had e-mailed the Taylors. The most common question asked was if the Taylors would do a fuel economy clinic for them.

The Taylors have made a 26-year career out of driving economically and conducting workshops globally on fuel-efficient driving techniques.

They have collected 82 world fuel economy and vehicle-related records from drives around the globe in Australia, Asia, South Africa, Europe, the Middle East and North America.

Via their website, the Taylors will be sharing their personal experiences on the road. For more information, visit www.fuelacademy.com.

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Saab surging on turbo power

MICHAEL BANOVSKY
for Metro Canada

Saab 9-3 Turbo X

Type: Sedan
Price: $54,995
Engine: 2.8-litre V6
HP: 280

Highlights

- Fastest Saab ever
- All-wheel drive

The secret to a great Saab is to let the Swedes do their own thing. The 93. The 96. The 99 Turbo. The 900 Turbo. And now the 9-3 Turbo X. They're all models that deliver on engineering prowess, Swedish sensibility, and now, all-weather performance.

Yeah, the Turbo X has all-wheel drive. I mentioned engineering prowess for a reason, because through its history, Saab has pioneered unique solutions for its vehicles. With their low-volume production, Saab makes a perfect candidate to pioneer new GM technologies.

For the car's XWD ('cross' wheel drive) system, Saab partnered with Haldex to deliver a drivetrain that can split power fore and aft, plus side to side between the rear wheels.

Unlike past Haldex systems, torque is distributed throughout the drivetrain from a standstill. Older systems needed a certain amount of wheel spin to send torque to the required wheel, but XWD is ready instantly.

Performance fiends take note: Saab says the system's rear eLSD (electronic limited-slip differential) will "increase the performance envelope at high lateral acceleration." More on that in a moment.

At the heart of the car is a massaged and turbocharged 2.8-litre V6, good for the mentioned 280 horsepower and 295 lb-ft of torque. It's torquey, with a strong powerband and turbo surge — and not unlike Volvo's similar-displacement turbocharged six-cylinder engine. There's a character to all turbo'd sixes, with Saab's being more raucous than most because of its lovely exhaust.

But fastest Saab ever? Zero to 100 flashes by in 5.5 seconds... so yeah... fastest Saab ever.

Once behind the wheel, Saab is adamant that they have the best integration of all-wheel-drive with the "vehicle's various systems."

But they're right. Saabs usually handle like they're on a slope of a roof, fun for a second until you're on the way down. The Turbo X, though, is tenacious, feeling more like an Audi RS4 than anything in recent memory. High praise.

As it stands, the Turbo X is a great car that shows there is still a lot of potential for future world-beating Saabs.

If an all-wheel-drive Saab with 280 horsepower costing over $54,995 (and $56,305 for the sexy Sport-Combi) makes you excited, the queue has already formed.

With zero to 100 flashing by in 5.5 seconds, the Saab 9-3 Turbo X is the fastest model from the automaker.

Fuel-saving tech comes to Canada

GADGET A patented magnetic system that can help you pay less at the pump is finally available in Canada. The Vortex Fuel Saver increases combustion efficiency resulting in fuel savings, reduced emission and extended engine life. Scientific results for the technology have shown increases in mileage by about 15 to 22 per cent and up to 99 per cent reduction in harmful emissions. The gadget is easily installed in less than 15 minutes without any special tools. It does not require cutting any lines or inserting anything into the engine; it is simply secured to the fuel, air and coolant lines, without any further maintenance and does not affect vehicle warranty. "I'm very excited our technology will help Canadians save money on gas and reduce harmful emissions," said Adam Fagan, director of Canadian business operations. To learn more about the Vortex Fuel Saver, visit www.vortexfuelsaver.ca

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#Limited time lease offers based on new 2008 Honda models. Lease examples based on new 2008 CR-V LX 2WD, model RE3838E / 2008 Accord Sedan LX, model CP2538E / 2008 Odyssey DX, model RL3818E available through Honda Financial Services on approved credit. £1.9% / 2.9% / 0.9% lease APR for 48 / 48 / 48 months. Monthly payment is $298 / $298 / $298 with $3,180.96 / $2,455.23 / $5,609.41 down payment or equivalent trade, $1,540 / $1,390 / $1,540 freight and PDI, first monthly payment and $0 / $0 / $0 security deposit due at lease inception. Total lease obligation is $19,758.01 / $18,837.93 / $22,502.15. Taxes, license, insurance and registration are extra. 96,000 / 96,000 / 96,000 kilometre allowance; charge of $0.12/km for excess kilometres.‡Limited time financing offers based on new 2008 Honda models. Finance example based on new 2008 CR-V LX 2WD, model RE3838E available through Honda Financial Services on approved credit. ‡MSRP is $27,790 plus $1,540 freight and PDI, financed at 0.9% APR equals $622.34 per month for 48 months. Cost of borrowing is $542.10 for a total obligation of $29,872.10. Taxes, license, insurance and registration are extra. ΣΣ$1,000 /$1,000 / $2,000 Gas Card offer applies only to retail customer purchase, lease or finance agreements for new 2008 CR-V / Accord / Odyssey models concluded, respectively between September 3rd, 2008 and September 30th, 2008. $1,000 / $1,000 / $2,000 Gas Card offer includes GST, PST, HST, QST where applicable. Valid only on purchase, lease or finance agreements concluded at Mississauga Honda. #/£/‡/ΣOffers valid from September 3rd, 2008 through September 30th, 2008 at Mississauga Honda. Offers subject to change or cancellation without notice. See Mississauga Honda for full details.

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Make your wish come true, from only $15,300*.

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City Golf/City Jetta

$0 down payment**

$0 security deposit**

$0 first monthly payment**

$750 rebate for recent graduates†

Fuel consumption††

City Golf
L / 100 km (city) **9.8**
L / 100 km (highway) **7.0**

City Jetta
L / 100 km (city) **9.8**
L / 100 km (highway) **7.0**

The joy of German engineering has never been so affordable.

Take advantage of an 8-speaker MP3 stereo with USB port, 4-wheel disc brakes with ABS, dual front impact airbags, and more. The City Golf and the City Jetta at this kind of price is a rare event. So don't let one slip through your fingers. Visit your Volkswagen dealer or vw.ca for more details.

vw.ca

*MSRP of $15,300/$16,900 for 2008 City Golf / City Jetta base models with manual transmission. Freight and PDI of $1,335, PPSA, license, insurance, registration, dealer charges, options and applicable taxes are extra. Dealer may sell for less. **First monthly payment free up to a maximum of $250 for City Golf / City Jetta (taxes included – no cash value). $0 security deposit and $0 down payment offered only on new and in stock 2008 City Golf / City Jetta leased through Volkswagen Finance. Monthly payment of $227/$226 for 48 months based on 3.9%/1.5% lease APR. Freight and PDI of $1,335 included. PPSA, license, insurance, registration, dealer charges, options and applicable taxes are extra. Limited time lease offer available through Volkswagen Finance on approved credit. MSRP for City Golf / City Jetta as shown is $18,671/$20,503 with Bravo/Siata accessory wheels. $0.12/km over 80,000 km charged at lease end. At participating Volkswagen dealerships only. Offer ends September 30, 2008 and is subject to change or cancellation without notice. Supplies limited. See dealer for details. †$750 rebate for recent college or university graduates. ††Transport Canada fuel consumption figures are estimates only. Your fuel consumption may vary. Certain conditions apply.

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Protect yourself from scams

Promises of 'cheap' auto insurance often fraudulent

An increasingly common scam involves the sale of "cheap" auto insurance to unsuspecting consumers, tricking them into coverage that's invalid, or doesn't exist. Here's an example of a common scam scenario:

Crooks advertise the sale of cheap auto insurance in newspapers or flyers. The advertisements may even resemble those of a legitimate insurance company or individual licensed to sell auto insurance.

Typically, these advertisements claim they can find you auto insurance coverage at rates lower than what you have been paying or quoted in the past.

Some advertisements do not identify the name of the insurance company, insurance agent or broker. Where a name is provided, it is often being used fraudulently, or it is phoney. Con artists commonly advertise the sale of cheap auto insurance along with other businesses.

An increasingly common scam involves the sale of "cheap" auto insurance to unsuspecting consumers, tricking them into coverage that's invalid, or doesn't exist.

Here are a few easy ways to protect yourself:

- Be suspicious if you are asked to pay a referral fee. Licensed insurance agents and brokers do not charge you fees.
- Do not pay the insurance premium through a transfer or money wiring service. This is not a practice in the insurance industry.
- If an insurance agent or broker completes the insurance application form on your behalf, check it for accuracy. By signing the application, you are agreeing to the statements made to the insurance company.
- If you suspect fraudulent activity, contact the police.

Visit the Financial Services Commission of Ontario's (FSCO) website to find out if an individual or insurance company is licensed to sell auto insurance in Ontario.

To check if an insurance agent is licensed, visit the FSCO website at www.fsco.gov.on.ca, choose Insurance, and select Licensed Insurance Agents in Ontario.

To check if an insurance company is licensed, visit the FSCO website, choose Insurance, and select Licensed Insurance Companies in Ontario.

To check if an insurance broker is licensed, visit the Registered Insurance Brokers of Ontario (RIBO) website at www.ribo.com and choose Broker/Brokerage Licensing Status.

For more tips on how to protect yourself from auto insurance scams, download the brochure: Don't Get Scammed Buying Auto Insurance on FSCO's website at www.fsco.gov.on.ca.

NEWS CANADA

Sneak peek at Panamera

ONLINE Porsche is rolling out the new Panamera Gran Turismo into the public limelight for the first time.

The Panamera Online Magazine offers a wide range of information about the latest member of the Porsche family at www.porsche.com/panamera including exciting video content.

The next highlight, beginning on Oct. 20, is an advertising campaign in specific markets offering a sneak preview of the latest Porsche model.

The four-door Panamera will naturally benefit from 60 years of Porsche sports car lineage and technological development and provide a high level of driver involvement typical of the marque.

However, the Panamera combines this sporting character and dynamic driving quality with superior comfort and interior accommodation for four adults — making the Panamera truly a Gran Turismo without compromise.

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- Your very own MINI service card

Go to **MININEXT.CA** and see which Certified Pre-Owned MINI is right for you.

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SE model shown, MSRP $15,770

The new incredibly fuel-efficient **2009 PONTIAC G3 WAVE.** That's right. No matter what you're driving right now, you're probably spending more time with the gas pump than you want to. Maybe you need to start hanging around with a G3 Wave. With 5.7L/100 KM on the highway and 7.9L/100 KM in the city[1], it's certainly not going to strengthen your relationship with the gas pump, but honestly, what did that old pump really do for you, anyway? The G3 Wave, on the other hand will give you an auxiliary audio input jack, five star rating for frontal impact[2], available side-impact airbags, optional OnStar® and the best coverage in Canada[3]. So go ahead, break old pumpy's heart. And never look back. **Cash Purchase Price at $9,995.***

PONTIAC G3 WAVE | IGNITE THE FEELING pontiac.gm.ca

PONTIAC
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*Cash purchase price reflects discounts only available with cash purchase price offer and not available for purchase financing or lease offers. Freight ($1125), licence, insurance, registration, PPSA, administration fees, duties and taxes not included. Dealers are free to set individual prices. See newspaper or your participating dealer for details. [1]When equipped with a 5-speed manual transmission, estimated 2009 ratings, based on GM testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. [2]Equivalent Chevrolet Aveo model tested. US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). [3]Whichever comes first. See dealer for limited warranty details.

Mitsubishi gives back

Automaker donates $480,000 to Right to Play

Mitsubishi Motor Sales of Canada has donated $480,000 to Right To Play, the international humanitarian organization, as part of an ongoing commitment to provide direct financial aid or support to worthy sports oriented organizations and charities. Right To Play is a well-established international humanitarian organization based in Toronto whose vision is to create a healthier and safer world through the power of sport and play.

This contribution is the result of a financial commitment made earlier this year by Mitsubishi to Right To Play that was tied directly to new vehicle retail sales. The actual amount of $480,000 is based on $100 per new vehicle sold at retail by Mitsubishi dealers across Canada during the extremely busy sales months of April, May and June of this year. This direct donation of almost half a million dollars to Right To Play is consistent with several of Mitsubishi's various sports marketing programs, each of which reflect in some way the overall athleticism and strength of the Mitsubishi brand.

"Right To Play is thrilled to be the recipient of Mitsubishi's innovative campaign to give the gift of sport and play to children around the world. The Canadian Mitsubishi team shares our vision to create a healthier and safer world, which makes this partnership a great fit."
Right to Play president Johann Koss

"We are very pleased to be making this direct cash contribution to Right To Play," said Koji Soga, president and CEO of Mitsubishi.

"In the last few months our vehicle sales have been very strong, and it is our pleasure to give financial support at this time to such a well run and worthy charitable organization."

"Right To Play is thrilled to be the recipient of Mitsubishi's innovative campaign to give the gift of sport and play to children around the world. The Canadian Mitsubishi team shares our vision to create a healthier and safer world, which makes this partnership a great fit," said Johann Koss, president and CEO of Right to Play. "On behalf of the Right To Play team the world over, I would like to thank another great team — Mitsubishi and their dealers — for their exceptional leadership and generosity in helping children lead happier and more productive lives."

Currently operating in 23 countries, Right To Play uses sport and play programs to improve health, build life skills, and foster peace for children and communities affected by war, poverty and disease.

Headquartered in Toronto, Right To Play is led by Koss, the legendary Norwegian speedskater and four time Olympic gold medalist. Right To Play is supported by an international team of top athletes from more than 40 countries who generously donate their time to give back through sport. These athletes inspire children, are role models for healthy lifestyle choices and help raise awareness and funding for Right To Play projects.

The Volkswagen Tiguan recently earned a Top Safety Pick Award from the U.S. Insurance Institute for Highway Safety.

Safety award for Tiguan

The Volkswagen compact sport utility vehicle Tiguan has received the U.S. Insurance Institute for Highway Safety (IIHS) Top Safety Pick award for 2008, the highest rating possible from the non-profit research organization.

The annual award recognizes vehicles that perform best in protecting passengers in the Institute's front, side and rear crash test evaluations, and includes only vehicles with electronic stability control (branded Electronic Stabilization Program on Volkswagen vehicles) and head protection airbags.

The Prevent and Preserve Safety System portfolio for model year 2009 consists of 45 safety features, all of which contribute to protecting the driver and passengers as well as possible, helping avoid crashes and keeping the severity and consequences of possible crashes to a minimum.

The Tiguan comes standard with the Prevent and Preserve Safety System, including ESP and six airbags, with rear seat airbags as an option.

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*Some items may be slightly irregular & may not be exactly as illustrated. ** Not all items available at all locations.

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SEPTEMBER 25 26 27

2008 GL Sport model shown

Accent L 3Dr

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$189** at 1.9% APR
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SMART ON GAS.

USE LESS & SAVE
GO 726 KM ON ONE TANK¥
HWY 6.2L/100KM • 46 MPG†
CITY 7.4L/100KM • 38 MPG†
¥Approximate distance based on highway mileage for 2008 model.

THE PRICE OF DEPENDABILITY IS SURPRISINGLY AFFORDABLE.

Elantra L

SMART TO BUY.

$12,995♦
2008 CASH PURCHASE PRICE
$2,850 Cash Purchase Adjustment

SMART TO LEASE.

Lease a 2009 from
$198** at 3.3% APR
per mo./60 mos. $625 Down Payment
Delivery & Destination incl.

SMART ON GAS.

USE LESS & SAVE
GO 883 KM ON ONE TANK¥
HWY 6.0L/100KM • 47 MPG†
CITY 8.4L/100KM • 34 MPG†
¥Approximate distance based on highway mileage for 2008 model.

2008 Limited model shown

Tucson L

2008 Limited 4WD model shown

SMART TO BUY.

$16,995♦
2008 CASH PURCHASE PRICE
$4,200 Cash Purchase Adjustment

SMART TO LEASE.

Lease a 2009 from
$232** at 2.5% APR
per mo./48 mos. $3,221 Down Payment
Delivery & Destination incl.

SMART ON GAS.

USE LESS & SAVE
GO 744 KM ON ONE TANK¥
HWY 7.8L/100KM • 36 MPG†
CITY 10.4L/100KM • 27 MPG†
¥Approximate distance based on highway mileage for 2008 model.

Sonata GL

SMART TO BUY.

$17,995♦
2009 CASH PURCHASE PRICE
$4,000 Cash Purchase Adjustment

SMART TO LEASE.

Lease a 2009 from
$299** at 0% Nominal Lease Rate
per mo./48 mos. $0 Down Payment
Delivery and Destination incl.
For info. only 7.05%** Effective Lease Rate For 48 months

SMART ON GAS.

USE LESS & SAVE
GO 1081 KM ON ONE TANK¥
HWY 6.2L/100KM • 46 MPG†
CITY 9.5L/100KM • 30 MPG†
¥Approximate distance based on highway mileage for 2009 automatic model.

2009 Limited model shown

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"The Hyundai names, logos, product names, feature names, images and slogans are trade marks owned by Hyundai Auto Canada Corp., and used under licence. ♦Cash purchase price adjustments are for cash purchases only and are calculated against the lease finance starting price. Cash purchase price adjustments are available on all 2008 Accent or $3,600/2008 Elantra or $2,850/2008 Tucson L or $4,200/2009 Sonata Limited or $4,000. $6,000 cash purchase adjustments are available on 2008 Accent Sport automatic/2008 Elantra Limited/2008 Tucson Limited/2009 Sonata Limited or $13,850/$20,345/$26,495/$27,495. Delivery and Destination charges of $1,345/$1,345/$1,610/$1,415 are not included. Registration, insurance, licence fees and all applicable taxes are excluded. **Leasing offers available O.A.C. from Hyundai Financial Services based on a new 2009 Sonata GL 5-speed with a nominal lease rate of 0% and effective lease rate of 7.05%. Monthly payment is $299 per month for a 48 month walk-away lease. Down Payment of $0 and first monthly payment required. Total lease obligation is $14,352. Lease offers include Delivery and Destination ($1,610). Lease offers exclude applicable licence fees, insurance, registration, PPSA ($45) and taxes. $0 security deposit on all models. 20,000 km allowance per year applies. Additional charge of $0.10/km. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Effective lease rates are partially based on the cash purchase adjustment foregone by leasing. Normal lease rate is based on interest charges only. Leasing offers available O.A.C. from Hyundai Financial Services based on a new 2009 Sonata GL 5-speed with a nominal lease rate of 0% and effective lease rate of 7.05%. Monthly payment is $299 per month for a 48 month walk-away lease. Down Payment of $0 and first monthly payment required. Total lease obligation is $14,352. Lease offers include Delivery and Destination ($1,610). Lease offers exclude applicable licence fees, insurance, registration, PPSA ($45) and taxes. $0 security deposit on all models. 20,000 km allowance per year applies. Additional charge of $0.10/km. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Effective lease rates are partially based on the cash purchase adjustment foregone by leasing. Normal lease rate is based on interest charges only. †Fuel consumption for 2009 Sonata GL automatic: HWY 6.2L/100km: 46 mpg; CITY 9.5L/100km: 30 mpg is based on manufacturer testing. Actual fuel consumption may vary. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. ‡Hyundai Accent received the lowest number of problems per 100 vehicles among compact multi-activity vehicles in the proprietary J.D. Power and Associates 2008 U.S. Vehicle Dependability Study℠. Study based on responses from over 52,000 original U.S. owners of 2005 model-year vehicles, measuring more than 250 models. Proprietary study results are based on experiences and perceptions of owners surveyed in January to April 2008. Your experiences may vary. Visit jdpower.com. ¥See your dealer for eligible vehicles and full details of the Graduate Rebate Program. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

Can-can for classic car

Veteran vehicle gets Moulin Rouge style welcome

Saucy Moulin Rouge dancers launched the festivities surrounding the 2008 London to Brighton Veteran Car Run by greeting a 104-year-old Renault at the end of its 400-km journey from the world-famous Parisian cabaret venue.

In the year when French motor manufacturing is celebrated by the world's oldest motoring event, the 1904 Renault completed its trip from the world-famous Moulin Rouge in Paris to the Royal Automobile Club in Pall Mall, London, to mark the start of the 75th running of the LBVCR.

The owner of the four-cylinder, 14/20 horsepower Renault, Daniel Ward, was joined by Moulin Rouge CEO, Jean-Jacques Clerico, in his 1902 Darracq for the remarkable Anglo-French journey, which began in Paris on Sep. 9 and finished 24 hours later.

Both Ward and Clerico are due to take part in the London to Brighton run on Nov. 2.

When the car arrived in London it was greeted in the inimitable style of the renowned Moulin Rouge dancers. The cabaret venue opened its doors for the first time in 1889 and the French Can-can dance has been performed on stage every night for 115 years, as well as at countless venues around the world.

Starting in Hyde Park, London, the 60-mile route to Madeira Drive, Brighton will play host this year to a record 550 veteran cars.

A total of 26 Renault cars are entered for the run, including nine from overseas in a year that has a record number of International entries.

A 104-year-old Renault was welcomed in true Moulin Rouge style to mark its entry in the world's oldest motorcar event, the London to Brighton Veteran Car Run that takes place on Nov. 2.

Emancipation Run anniversary

- The 2008 event marks the 112th anniversary of the 1896 Emancipation Run, held to commemorate the passing into law of the 1896 Light Locomotives Act, which raised the speed limit from 4 mph to 14 mph and scrapped the requirement for a person to walk in front of a mechanical vehicle waving a red flag to warn other road users.

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babes & tots on the go show

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Beautiful beer
It's time for Munich's Oktoberfest, so get out your beer steins, sausage knives and lederhosen. This is the perfect opportunity to boast a beer belly whilst drinking ice-cold Bavarian beer. Oktoberfest Munich will run from Sept. 20 to Oct. 5. (oktoberfest.de) METRO NEWS SERVICES

Travel

Naumi Hotel in Singapore sure knows how to treat a lady. An entire floor of this boutique hotel will be dedicated to women on their business travels and looked after by female staff. METRO WORLD NEWS

TRAVELDESK@METRONEWS.CA

Restoring Brussels' beauty

City plans to impose strict design laws so tacky shops disappear and dignity returns

In 1848, Karl Marx and Friedrich Engels penned their Communist Manifesto — "a spectre is haunting Europe, the spectre of communism" — in a cabaret overlooking Brussels' spectacular Grand-Place.

Communism has come and gone and the cabaret is now a restaurant, still called The Swan. If Marx and Engels would see any spectre there today, it would surely be the urban tackiness that over the years has encircled Brussels' central square.

The exquisitely preserved Grand-Place itself is a world heritage site that dazzles visitors year-round. But in the maze of narrow streets and alleys around it, the beauty of a Magritte sky framing centuries-old Flemish gables surrenders quickly to an ugliness stemming from years of planning neglect.

Walk into the Marche aux Fromages and you will find yourself in a garish "Kebab Alley" where cheek-by-jowl Greek restaurants serve pita sandwiches under harsh neon light. Where the Mozart Hotel, inscrutably, blends Old Vienna with an over-the-top North African decor. Where plastic palms mark the Pizzeria Veneziana.

On the Rue de la Colline, chocolate shops vend brands unknown to most Belgians.

The Rue des Eperonniers boasts a graffiti-marred night shop, a tattoo parlour and the "Belgian Frit'N Toast" restaurant — a grease emporium whose yellow facade is not cheered by a huge, smiling bag of French fries.

"What we are seeing today is a visible decline in the quality of the historic area around the Grand-Place itself," says Christian Ceux, the Brussels city councillor for urban planning.

In a recent interview, he said the city plans to soon impose stricter design regulations on commercial activities in an area of about 1.5 square miles around the Grand-Place. A 14-page bylaw to that effect will be enacted by the end of 2008.

Advertising signs and outdoor menus will be limited in numbers and sizes. Only red and green awnings and parasols — the Brussels colours — will be allowed.

Neon signs will be banned. So will polyester window frames, mirrored glass, fancy light curtains, outside air conditioning units, fantasy flags, banners, garlands and flashing lights and texts.

The aim is to restore dignity to centuries-old buildings that today are festooned with garish boardings, filthy awnings and brick facades ripped open to make room for ever more tables and chairs.

"The new rules will take effect gradually when existing permits expire or stores and restaurants apply for rebuilding or publicity permits," said Ceux. "Most importantly, from now on these rules will be legally enforced."

To date, the city has had voluntary rules, which worked well on the Grand-Place, but not around it.

"What I want to see happening," says Ceux, "is that in 5 to 10 years visitors will find the streets in the heart of Brussels as clean and pleasing to the eye as the Grand-Place is today."

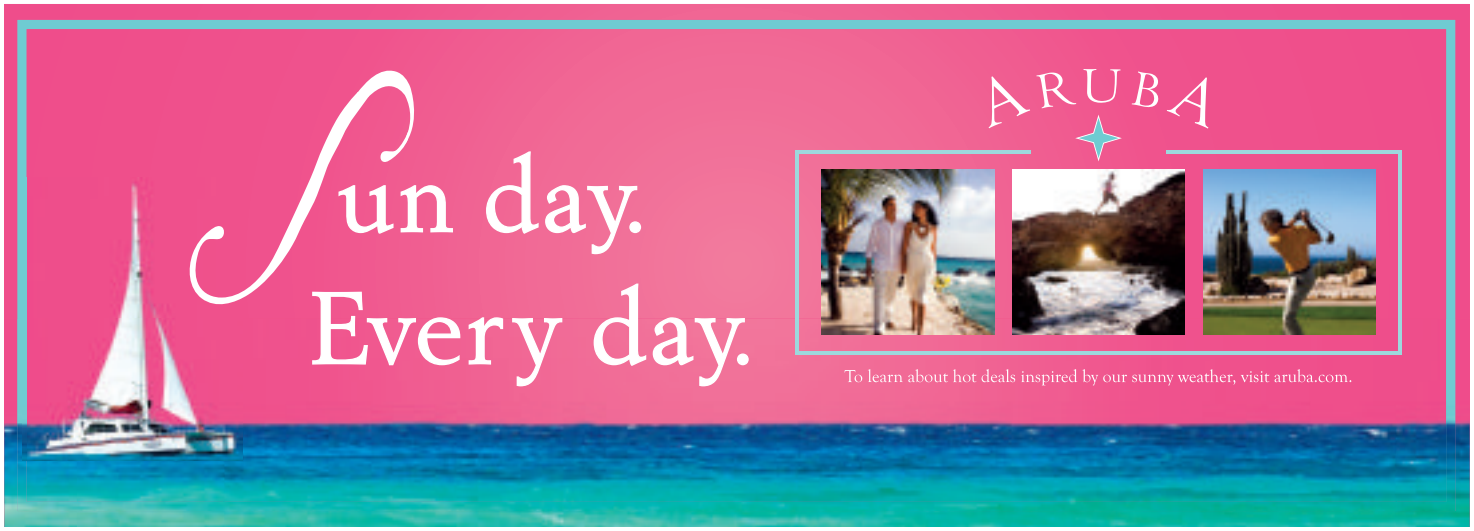
THE ASSOCIATED PRESS

ROBERT WIELAARD/THE ASSOCIATE PRESS

ROBERT WIELAARD/THE ASSOCIATE PRESS

People enjoy the sun on the Brussels Grand-Place and, right, tourists walk past a telephone shop in the Brussels city centre.

"What we are seeing today is a visible decline in the quality of the historic area around the Grand-Place itself."
Christian Ceux, Brussels city councillor



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Free ride on your birthday

Walt Disney Parks and Resorts announced a new promotion to admit visitors for free on their birthdays next year. Visitors will have to show valid identification and proof of birth date to qualify. Details are available at disneyparks.com, where birthday visits can be registered in advance. THE ASSOCIATED PRESS

JULIA DIMON/METRO CANADA

Metelkova, the alternative zone in Ljubljana, is a hub of artistic expression and anarchist lifestyle.

Ljubljana just lovely

Slovenian capital buzzes with youth, culture, warmth

TheTravelJunkie
Julia Dimon

juliadimon.com

Ljubljana. With some 50,000 university students living in the city, the vibe is abuzz with youth, culture and nightlife. Who knew that the Slovenian capital city I can hardly pronounce would turn out to be one of the hippest spots in Europe?

I ended up in Slovenia, one of the smallest countries in Central Europe, as a result of "Plan B." I was originally supposed to travel to Georgia but, as the conflict with Russia grew and the tanks rolled in, I figured it probably wasn't the best time to visit.

Anxious for an alternative place to explore, Slovenia seemed like a good choice. I'd fly from Istanbul direct to Ljubljana, the city with a jumble of consonants in a country I knew very little about.

There's something really nice about Ljubljana. It has that manageable, small city feeling with all the perks of a big one. From theatre to art, fine dining restaurants to trendy boutiques, it fulfills all my requirements of "cool." Most importantly, it's a backpacker-friendly location with a well-established tourist infrastructure and lots of English-speakers.

With a landscape carved with canals and bicycle paths, Ljubljana reminds me a lot of Amsterdam, minus the tacky souvenirs, sleazy sex shops and legalized pot cafes.

Ljubljana's Old Town is rich with Baroque, gothic and Art Nouveau architecture. Footpaths lead to historic castles, frescoes decorate cathedrals and bronze dragon statues guard bridges. But beyond the architecture and famous monuments it's a chill place with tons of outdoor cafes, perfect for people watching. Down a strip of cobblestones, a parade of scenesters saunter past. Women with big scarves smoke skinny cigarettes. Men rock effeminate styles, oversized sunglasses and the occasional flowing Euro mullet.

For the anti-commercial scene, Metelkova is the place to be. An autonomous zone for off-the-wall artistic expression, this outdoor urban space is devoted to counter-culture. Amidst the graffiti walls and squat-like surroundings, there are bars, a few gay clubs, performing art spaces and several music venues playing everything from punk to reggae.

... Check out Hostel Celica, which Lonely Planet calls the 'world's hippest hostel.'

The area has an anarchist aura with anti-police graffiti and rockers in black. Though guidebooks say "your hair doesn't have to be pink to fit in," I argue that it sure does help.

The scene is the definition of "alternative" with a colourful mix of people. Rastas strum guitars, angst-ridden teenagers mope about and pit bulls frolic as their tattoo-covered owners drink absinthe. Fiberglass alien installations jut out from a building face, as if supervising it all. Meltelkova is a special spot and a must-see.

For those who like the area so much that they want to sleep over, check out Hostel Celica, which Lonely Planet calls the "world's hippest hostel." I'd have to agree. In the heart of this cultural centre, Hotel Celica is part of the military barracks used by the Austro-Hungarian army. A former prison, each cell was renovated into a room and re-decorated by a different artist. Modern and sparkling clean, this budget accommodation has 20 rooms for guests to stay in.

Julia Dimon is co-host of Word Travels, airing on OLN; juliadimon.com.

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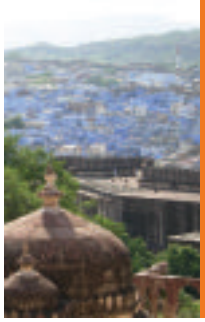
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And still more in Seattle...

If the weather co-operates, head to West Seattle, where Alki Beach is the place to be for jogging, in-line skating, volleyball or a walk along the water. Look to Wheel Fun Rentals (wheelfunrentals.com/listlocations/104) to rent a tandem bike for $12. THE ASSOCIATED PRESS

PHOTO CREDIT

Seattle's nightlife hot spots are easily found at seattletravel.com/seattle-happyhour-downtown.htm. The site gives you the lowdown on more than 200 bars in the city.

Not-so-sleepless in Seattle

Nightlife, arts community, outdoor fun make this city a budget destination

Home to Microsoft and Starbucks, grunge rock and a constant rainy drizzle, Seattle is defined by the collision of urban soul and natural beauty. It's also a great destination for the budget-conscious traveller. An abundance of outdoor activities and a pulsing arts community make it the perfect place to visit while holding onto spare change.

Seattle is the eternal home of the $5 US cover. But if you shy away from commitment to one bar for the night, a joint-cover price allows you to club-hop between nine locations in Pioneer Square for $10 on weekends and $5 on weekdays; visit jointcoverseattle.com/main.html.

For best bets on live shows and music, snag a copy of The Stranger, Seattle's free alternative weekly, to find out who's playing where. If you're looking for a quieter evening, pack dessert and head to Gas Works Park, in Wallingford, or Kerry Park, on Queen Anne Hill, for stunning views of the city skyline.

Few things go together better than penny-pinching and happy hour, so look for deals around the city for fantastic food and cheap cocktails. Foodies will want to check out Brasa, 2107 Third Ave., brasa.com, in Belltown, which rocks 5 p.m. to 7 p.m. with specials that include half-off bar menu items.

Another classy spot is Barolo, 1940 Westlake Ave., baroloseattle.com, in Westlake, where stellar deals include a $14 bottle of wine, $3 pints and a rotating bar menu that features organic buffalo burgers $5 and a pound of sauteed mussels $5.50 from 3 p.m. to 6:30 p.m. and 10 p.m. to close. Closer to the water, Elliott's Oyster House, on Pier 56, elliottsoysterhouse.com, has a special that kicks off at 3 p.m., with oysters for just 50 cents each, six bucks for a dozen. Prices increase 20 cents every half hour, so get there early to save the most clams.

For cheap eats at all hours of the day, stick to Seattle staples like Dick's Drive In, ddir.com, an old-school burger joint with five locations, or Ezell's, with three locations in Seattle, ezellschicken.com, to gobble up some of Oprah's favourite fried chicken.

You can't make it to the Emerald City and not visit Pike Place Market, the heart of downtown and one of the nation's original farmer's markets. Home to the original Starbucks, world-famous flying fish and a maze of fresh produce, crafts and street performers, it's free and a great way to spend the afternoon.

Close by is the Green Tortoise, 105 Pike St., a brand-new hostel where a bed in a dormitory will run you between $31 and $36 a night, including free Wi-Fi, continental breakfast and free dinner on three nights during the week. Private rooms run about $85. Reservations, 206-340-1222, greentortoise.net/index.html.

When you've had your fill, wander up Elliott Avenue to the Olympic Sculpture Park, a 3.6-hectare waterfront site nestled on the shoreline with towering, permanent sculptures by some of contemporary art's hottest artists.

For standard fare, you'll want to visit the Experience Music Project, an interactive and historic tribute to rock, the Seattle Aquarium, Woodland Park Zoo and get on a boat tour in the Puget Sound. Your best bet is to plunk down $44 per adult and $29 per kid and let CityPass hook you up with a nine-day all-access pass; citypass.com/city/seattle.html.

If you're itching to get out in a boat, look to the Northwest Outdoor Center, nwoc.com, to put you on a kayak for just $13; the UW Waterfront Activities Center, 206-543-9433, for canoes and rowboats, at just $7.50; or the Center for Wooden Boats, cwb.org, for sailing at just $15. THE ASSOCIATED PRESS

getting around

- Buses in Seattle are cheap, just $1.50, or $1.75 during peak hours. If you're looking to see the sights, hop on a ferry down at the docks, where $7.50 will get you a half-hour cruise to Bainbridge Island, where a more laid-back vibe awaits.

TED S. WARREN/THE ASSOCIATED PRESS

J.J. Swanton throws a fish in the salmon-tossing contest held in honour of the 100th anniversary of the Pike Place Market in Seattle.

ELAINE THOMPSON/THE ASSOCIATED PRESS

Tytti Yli-Viikari, of Helsinki, Finland, looks through a stack of books while visiting the Elliott Bay Book Co. in Seattle.

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Keeping track
People on medication can carry a wallet-sized card listing the drug, the dose and the drug's generic name (brand names can differ from country to country). That way if they are ever separated from their medication, they have something to show the pharmacist or doctor they consult for help. THE CANADIAN PRESS

If you forget to pack your pills

Talk about injecting some unwelcome anxiety into a holiday or business trip.

While an emergency room can help if you've forgotten to pack your medication or if your luggage is lost, in many cases a visit to a pharmacist can be the answer to the dilemma of the missing meds.

"If you lose your medication or forget them at home and you're travelling within Canada, often you can go into a pharmacy and pharmacists are authorized to renew prescriptions in that situation," says pharmacist Brian Stowe, who runs The Prescription Shop, a pharmacy on the campus of Carleton University in Ottawa.

"They would give you an appropriate amount of medication for the time you need it."

Rules governing what pharmacists can and can't do vary from province to province. In Alberta, for instance, pharmacists have the authority to prescribe some drugs, approve some prescription refills and give vaccinations.

But even in provinces where pharmacists don't have those powers, there is some leeway to help people who need a few days worth of pills because they are in a pickle, Stowe says.

In some cases, a pharmacist might direct the person to a walk-in clinic to get a new prescription, or might call the person's pharmacy at home to verify which drugs are needed and at what dose.

"Or if you run out and you've got the bottle, we might give you a few pills to get you through the weekend. Again, that's at the discretion of the pharmacist. And it will depend on the medication," says Stowe.

In some cases, a pharmacist might direct the person to a walk-in clinic to get a new prescription, or might call the person's pharmacy at home to verify which drugs are needed.

Canadians who find themselves in this kind of bind while travelling in the U.S. could find pharmacists similarly amenable to helping out — as long as they can find a way to verify what the patient is supposed to be taking and at what dose.

"I think most of the time the pharmacists are able to deal with it," says Carmen Catizone, executive director of the U.S. National Association of Boards of Pharmacy, an organization representing state bodies that govern the conduct of pharmacists.

"Because ... with 24-hour pharmacies they can call up in Canada and say 'I have a patient of yours here. I just want to confirm this. I'm going to give them a couple of day's supply.'

"I think there's a good rapport and a good professional relationship that goes on between the Canadian and U.S. practitioners."

But like Stowe, Catizone cautions that a pharmacist's willingness to help a traveller in need will depend on the drugs being asked for. Blood pressure or cholesterol lowering medication? Sure thing. Prescription painkillers or prescription sleeping pills? Probably not.

"I can tell you if it's a controlled substance, a pain medication or something like that ... they're going to be less than eager to try to get that filled from a Canadian doctor that's not licensed in the U.S.," Catizone says.

THE CANADIAN PRESS

Tips for prevention
... and what to do if it happens

- Don't pack your pills in your checked luggage. Take your medication on the plane with you.
- If you need an inhaler for asthma, don't forget to pack it.
- If you use an inhaler, check the expiration date on your canisters before you leave home.
- Keep your meds in the labelled containers. If you run out of drugs, a pharmacist will at least know what you are taking.
- If you lose or run out of pills, talk to a pharmacist about getting an emergency refill.
- If you are abroad and don't know the language or customs, the consular office of the Canadian Embassy may be able to provide names of English speaking doctors.

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Authenticity
Chandeliers were lit by real candles rather than light bulbs, and even the food on the table was real and created according to 18th century recipes during filming of The Duchess. METRO NEWS SERVICES

Take stroll to the 18th century

United Kingdom offers look at what it was like for actress to be The Duchess

EMMA E. FORREST
for Metro World News

Keira Knightley's new movie, The Duchess, is the perfect way to spirit yourself back to the 18th century.

The movie is based on the biography of Georgiana Spencer, a beautiful aristocrat who marries the wealthy but cold duke of Devonshire. While her marriage is empty, her social schedule is full — she's a society darling, fashion icon, political campaigner, adulterer, compulsive gambler and England's first celebrity.

But just as dramatic as Georgiana's story are the lavish costumes, towering wigs and the sumptuous 18th century sets.

Director Saul Dibb was committed to making the set as authentic as possible, so the movie was filmed in authentic 18th century homes and gardens.

Cast and crew travelled the length of England to find the most suitable locations in which to film, picking a dining room from one house and a ballroom from another in order to create the perfect look Dibb wanted. Filming was challenging, not only because of the attention to detail but because of the restrictions involved in filming in these protected, historic homes.

Viewers get the chance to see inside some of the most opulent historic houses in England throughout the movie, but can also go for a snoop in person — all of these stunning places are open to the public. Georgiana's country home, Chatsworth House, was built between 1686 and 1707 and is still the Devonshire family's home today, run by the current duke and duchess.

Set in extensive grounds, in the stunning rolling green hills of the Derbyshire countryside, this vast manor and the magnificent gardens are open to the public, so you can sweep through the long corridors like Knightley does in the film.

Once you've recognized the rooms that are featured in the movie, take a tour around the exhibition titled Georgiana Duchess, which runs until Oct. 31. You'll be able to view some of Georgiana's private letters, gambling bills and, also, some of the extravagant gowns worn by Knightley and the cast in the film (chatsworth.org)

Unfortunately, the duke and duchess's London residence, Devonshire House, no longer exists, so Dibb had to create it by using the best of some of the most majestic stately homes in England.

CONT. ON NEXT PAGE>>

Place to stay

- Unfortunately, you can't stay in the present Duke and Duchess of Devonshire's home, but you can stay at their rustic country pub, the Devonshire Arms, in the charming village of Beeley, from £125 (about $240) a night (devonshire-beeley.co.uk).

Above: Keira Knightley walks down the hall of Greenwich Naval College in London. Right: The painted hall of Chatsworth House (The Duchess's home).

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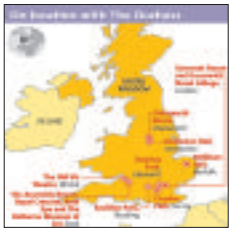
Museum doubles as villa

The building that features as the exterior of Georgiana's rented villa in the city is in fact the Holburne Museum of Art (bath.ac.uk/holburne) and the city's Assembly Rooms was host to more than 200 extras for one of the major ball scenes. METRO NEWS SERVICES

Cast and crew travelled the length of England to find the most suitable locations in which to film, as you can see with the map to your right. To the left, you'll see Chatsworth House, which was built in between 1686 and 1707 and is still the Devonshire family's home today, run by the current Duke and Duchess.



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One of London's loveliest art galleries, the Neoclassical Somerset House was used to represent the exterior of Devonshire House. Come here to see the building's grand Edmond J. Safra Fountain Court that Georgiana enters by horse-drawn carriage when she is first taken home by the Duke and greeted by legions of servants. The building is home to the Courtald Gallery, which has one of the most important collections of art in England — including works by Michelangelo, Rembrandt, Cezanne and Turner. (somersethouse.org.uk)

Another house used to portray Devonshire House is Kedleston Hall, in Derbyshire. The gardens and five of the rooms of this Neoclassical mansion, owned by the National Trust, were used as Devonshire House, as well as Althorp, the Spencer's family home, and one of Georgiana's rented villas in Bath.

Two of Kedleston's staffers were used as extras on the five-week shoot here, and four property managers had to follow the crew around the house to ensure the interiors weren't damaged, wedging half tennis balls underneath their equipment to protect the floors.

Until March 2009, Kedleston Hall will be showcasing some of Knightley's costumes for The Duchess and behind-the-scenes photos of the five-week-long shoot here as well as parts of a replica floor that was made to protect the Marble Hall floor during a ballroom scene. (nationaltrust.org.uk/main/w-kedlestonhall)

For the three dining scenes set in the Devonshires' London home, Dibb used the impressive marble hall at Clandon Park in Surrey. Built in 1730, this impressive property is open to visitors and has an exhibition dedicated to the film, with photographs of the four days of filming as well as exclusive interviews with staff involved. (clandonpark.co.uk)

Nearer to London are the stately homes of Basildon Park in Middlesex, and Osterley Park (nationaltrust.org.uk/main/w-osterleypark), which were used for their dining room and entrance halls respectively.

Also in London is Greenwich Naval College. This splendid naval academy on the river Thames was transformed into Covent Garden for the scene where Georgiana introduces her lover Charles Grey, a parliamentary candidate, to a huge crowd. (oldroyalnavalcollege.org)

For more breathtaking locations take a trip to the unspoiled city of Bath, where Georgiana famously escaped to in order to meet with Lord Grey visitromanbath.co.uk.

Breathtaking Holkham Hall

- The interiors of Holkham Hall in the verdant county of Norfolk are truly breathtaking, which is why some of its rooms feature as Devonshire House in The Duchess. The current Viscount Coke and his family live here now, but visitors can visit the marble hallway where Georgiana has a frosty encounter with the Duke as well as the damask wallpaper-lined drawing room where the Duke entertains his mistresses children and where Georgiana is reunited with her children after her stay in Bath. Of particular interest is the fascinating old kitchen, which has been reconstructed to show how it was used in the 18th century. Holkham Hall will be showcasing where filming took place in the house during visits. (holkham.co.uk/html/the-duchess).

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Forest-dwelling elephant
Smaller than the familiar Savannah elephant, the forest-dweller elephant in Ghana is still a healthy eater, and occasionally ventures outside the park to forage in agricultural fields. THE ASSOCIATED PRESS

Ghana's hidden treasures

Spotting exotic species an uncommon joy, won only with patience, luck

This primeval forest in southern Ghana boasts 300 species of birds, unique monkeys and the highly endangered forest elephant and bongo antelope.

But the only wildlife I saw was one very long worm.

The tropical rainforest of Kakum National Park is so thick that light barely breaks through the treetops. Spotting animals, often shy night-wanderers, is an uncommon joy, won with great patience and luck.

Regrettably, the group of visitors that I was part of had neither.

Kakum's "canopy walk" tries to better the odds of glimpsing the park's leery inhabitants.

The rope bridge suspended 30 to 34 metres off the forest floor yields an extraordinary sweep of nature from what feels like just below cloud level.

A 20-minute climb from the reception and restaurant area on a trail through the dank thicket takes you up 183 metres to the edge of the valley.

At the top of the ridge you step onto the bridge, with only a narrow plank of wood underpinned by a few steel bars and a netting of rope separating you from the abyss.

The thrill of skywalking can be tempered for an acrophobe like me, who is reluctant to even board a ferris wheel. Knowing that there is nothing to fear does little to settle nerves or steady shaky knees.

But with a deep breath and a determined look ahead (not down), I walked the plank and pulled myself along the rope handrails to the first wooden platform, a circular treehouse that serves as a way station on the 305-metre-long walkway.

Kakum, which became a national park in 1990, is a 350-square-kilometre remnant of the vast forest that once stretched near the Atlantic Ocean shore of West Africa, from Guinea through Sierra Leone, Liberia, the Ivory Coast and Ghana.

Today, 90 per cent of Ghana's rainforest is gone, felled by agriculture and mining. Kakum stands amid small plots of maize, cocoa, cassava and palm oil and tracks of degraded scrub land that were farmed and abandoned when the soil became depleted.

The park has 100,000 visitors a year. Half are Ghanaian and about a quarter are expatriates working here and their visitors. A few thousand are tourists who come to this English-speaking country of 23 million people, often described as one of the safest and friendliest in Africa. Around Kakum's edges are villages like Afiaso, a hamlet of thatched-roof huts lacking electricity and sanitation with only one concrete building — the schoolhouse. Cocoa beans, the main source of income for the 620 residents, are arrayed in the sun on wooden platforms in various stages of drying.

A troop of girls wearing bright wraparound skirts and beaded necklaces, their bodies streaked in ash, performed a traditional dance to a drumbeat pounded out by half a dozen teenage boys.

Chief Nana Opare Ababio and the village elders, dressed in ceremonial togas and regally seated on plastic chairs, greeted us under a tree and talked about the forest, its wildlife, and their hopes of starting an eco-tourist business.

The protection of the forest has allowed the wildlife population to grow, but also has increased conflict between man and animal, especially the elephant, whose numbers have increased by nearly 10 per cent since 2000. Chief Ababio said he doesn't regret the loss of hunting rights and is happy that the children will grow up seeing animals that otherwise might vanish.

THE ASSOCIATED PRESS

healing tree

- The guide can tell you, for example, about the strange Kantun tree, with its roots exposed above the ground like a coat rack: The bark is good for pregnancy, the leaves are pain killers, the leaf-bark sap counteracts parasitic infections and the tree sap can be an antidote for food poisoning.

OLIVIER ASSELIN/THE ASSOCIATED PRESS

Children perform a traditional dance in the village of Afiaso, Ghana. Afiaso is located on the fringe of Kakum National Park, a 350-square kilometre remnant of the vast forest that once stretched near the Atlantic Ocean shore of West Africa.

Chief Nana Opare Ababio and the village elders ... greeted us under a tree and talked about the forest, its wildlife, and their hopes of starting an eco-tourist business.

OLIVIER ASSELIN/THE ASSOCIATED PRESS

Visitors travel along the "canopy walk," a series of foot bridges suspended 30 metres in the air over the treetops, in Kakum National Park, Ghana. This forest in southern Ghana boasts 300 species of birds, unique monkeys and the highly endangered forest elephant and bongo antelope.

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Concordia projects $10M deficit
Concordia University will be making programming and hiring cuts as university administrators are predicting a $10-million deficit. Cuts would extend to teaching and research assistants. METRO NEWS SERVICES

Workology

CENTENNIAL COLLEGE Centennial College

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

The tale of two...

Metro explores the worlds of gifted and special-needs students, their teachers, the challenges and the rewards

Every child is unique, be they special needs or gifted, each student needs distinct attention.

RAFAEL BRUSILOW
for Metro Canada

Students with special-education needs can be just as successful as regular students — they just need the right kind of support to excel.

It all starts with taking the extra time and effort needed to ensure every student's education is carefully designed to fit their individual needs.

Contrary to the unfair stigma that students with special needs are somehow worse at learning, the truth is most such students are just as smart or capable as regular students, but have to deal with something that holds them back from being at their best, such as a learning disability.

Clelia Della Rovere, principal at Roselawn Public School in Richmond Hill, Ont., says the key to empowering students with special-education needs is to teach them in ways that are effective for all students, but targeted at their strengths and weaknesses.

"You're looking at teaching strategies that are good for all students, to be able to meet the needs of all learners. All children can succeed given the proper time, support and resources," Della Rovere said.

While schools generally try to keep students with special-education needs within their home classroom, sometimes students need to be placed in a separate class to help them get up-to-speed in a particular subject.

Michelle Azrilyant, a special-education teacher and specialist at Roselawn Public School, says placing a child into a separate class, when necessary, to give him or her targeted instruction can have a profoundly positive effect on that student's ability to learn.

No quick fix

- Principal Clelia Della Rovere says the extra effort involved in tailoring learning to kids with special needs is all a part of good teaching. "There's no quick fix."

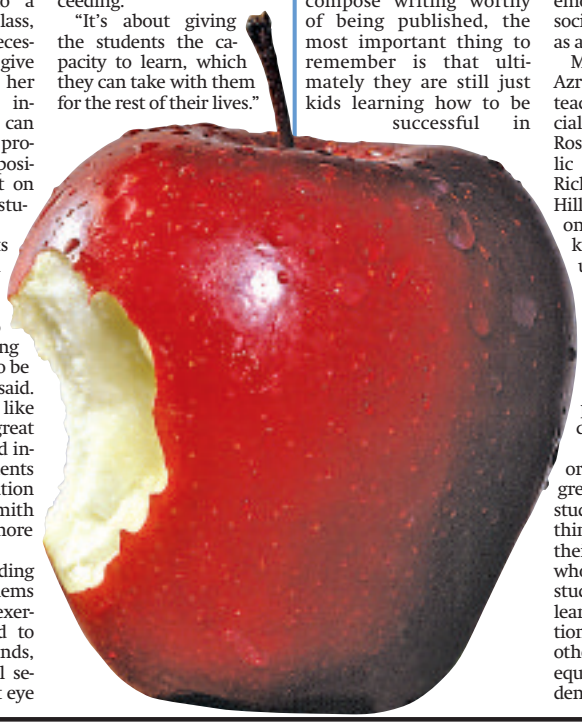
"The idea of students going into a withdrawal setting is that they're getting specialized instruction tailored to their needs. We're trying to give them the tools to be successful," Azrilyant said.

While schools like Roselawn are finding great success in using tailored instruction to teach students with special education needs, the Arrowsmith School in Toronto has more unorthodox methods.

Students eschew reading or tackling math problems directly and instead do exercises that are believed to strengthen their minds, such as tracing symbol sequences while their left eye is covered (to improve handwriting and reinforce the right side of the brain) or telling time on a clock face with as many as 10 hands.

Barbara Arrowsmith Young, founder of the Arrowsmith School, says her program is built around helping students who have learning disabilities conquer those internal blocks keeping them from succeeding.

"It's about giving the students the capacity to learn, which they can take with them for the rest of their lives."



Gifted students still have room to grow

RAFAEL BRUSILOW
for Metro Canada

Exceptionally talented or gifted children might be amazingly smart intellectually, but teaching them can pose its own challenges — and rewards.

Even though some gifted students might be able to conquer university-level math at a young age or compose writing worthy of being published, the most important thing to remember is that ultimately they are still just kids learning how to be successful in life like any other student.

While many of them show a high level of intellectual maturity, most are in stages of emotional, social and physical development similar to that of regular students. The teaching of gifted students should therefore involve instruction that pushes such students to challenge their intellectual limits while ensuring the same level of emotional and social learning as all students.

Michelle Azrilyant, a teaching specialist at Roselawn Public School in Richmond Hill, Ont., says one way to keep gifted kids motivated in the regular classroom can be to let them delve deeper into what they learn.

Involvement

- Involving gifted students in the planning and creation of assignments can also motivate them through a sense of ownership for the work they do.

"The curriculum might often be the same, but the breadth and depth would be explored further in a gifted class," Azrilyant said.

Independent study or original research can be a great way to ensure gifted students can study something that engages them at their own pace. Teachers who recognize that gifted students have different learning styles and educational needs just like any other student will be better equipped to keep gifted students motivated and excited about their work.

Clelia Della Rovere, principal of Roselawn Public School, says giving gifted kids leadership roles within the classroom and the school can be a great way to motivate them and help them become more socially mature.

"Leadership is big — we try to give gifted students more leadership opportunities," Della Rovere said.

The results of not addressing a gifted child's educational needs can be profoundly negative.

When material poses no challenge to them they can become bored and unmotivated quickly. Coupled with the fact that research has shown many gifted students dislike routine and drill, a teacher needs to give such students the freedom to challenge themselves while ensuring they develop socially and emotionally.

With the right teaching strategies, teaching gifted children becomes a process of helping them develop the same life skills as any other students while celebrating their unique talents.

"The bottom line is every child is unique. When you take it through that perspective, you're focusing on everybody's needs," Della Rovere said.

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Ryerson students upset over non-academic code of conduct
Ryerson University students are denouncing the school's latest version of its non-academic code of conduct, calling it "paternalistic" and a violation of their privacy. METRO NEWS SERVICES

ADVERTISING FEATURE

Alternators are in her blood

Since the tender age of four, Jeralene Mohan would navigate the cluttered shelves of her father's tiny shop to look for the bearings he needed to rebuild his customers' car alternators.

She learned how to read the codes and retrieve the right parts to the marvel of family and friends. Mohan literally learned the automotive electrical trade at her father's knee, first in their native Trinidad, then in Toronto after her family relocated to Canada.

At 29, she is one of a slender minority of women working as a licensed automotive technician in a testosterone-infused industry. What makes her exceptional is that she's been using her business savvy to grow her father's east-end Toronto shop.

Mohan's Auto-Electric has cleaved a niche for itself as a rebuilder of alternators and starters during the winter months, and as an automotive air conditioning service centre during Toronto's humid summers. It's been a successful business model, even while other family-owned garages struggle.

"Neighbourhood garages are under siege due to the complexity of modern vehicles," explains Mohan. "They live and die by their skills, but some are not upgrading their knowledge and technology."

By specializing in auto electrics the shop has won a lot of business not only from car owners, but also from other garages that sub-contract their problem vehicles to Mohan.

"A regular mechanic might spend five shop hours trying to find the problem. A car today has five or six computers; if you don't know how to test them properly, you can burn out a module that can cost $1,500 to replace."

She sells rebuilt alternators to other repair outfits, including two Canadian Tire stores, as well as to a Honda and Mazda dealer. Even brand-name facilities are pressed to offer lower-cost repair options, so they tapped Mohan as their supplier.

Mohan knew early on she would follow her father into the profession. She began exploring training options in high school.

"I was lucky enough to have a female co-op teacher who encouraged me to pursue my dream, so I always felt supported," she recalls.

She enrolled in Centennial College's Automotive Service Technician program and dove into her apprenticeship with enthusiasm. When she finished her day with her employer, she would rejoin her father at the garage for more work.

She completed her studies in 1999 and received her provincial trade certification soon after. Mohan returned to work alongside her father, keen to learn the business side.

"We had a taste of some business concepts in college, including an emphasis on customer service," recalls Mohan. The lessons came in handy at her father's shop.

"I think my biggest contribution here is in helping dad communicate with his clients. Remember your customers' names," she smiles.

For more details, visit centennialcollege.ca/transportation. –MARK TOLJAGIC

Jeralene Mohan graduated from Centennial's Automotive Service Technician program.

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Centennial sets sights on operating Guild Inn site
A City of Scarborough committee has approved Centennial College's proposal to convert the historic Guild Inn into a think-tank and administrative hub for a Culture and Heritage institute, to be run by Centennial's School of Hospitality, Tourism and Culture. METRO NEWS SERVICES

Self-improvement work perks peaking

BRIAN COULTON
for Metro Canada

Protecting your health and boosting financial security are benefits many would expect their employer to provide in today's workplace. But a new study shows Canadians are starting to demand new benefits that support self-improvement and may be waving goodbye to outdated ones.

The study, performed by the Canadian Payroll Association, placed taxable benefits in order of the percentage of Canadian companies that offer them. President and CEO of the CPA Patrick Culhane said the study is the most extensive one of its kind, considering almost 40 common benefits shared by Canadians.

Culhane said the item that surprised him most on the list was the high percentage of organizations that offer counselling services. "I didn't expect there was that level of support." The study found counselling is offered by 21 per cent of organizations.

However, Culhane said the perk extends beyond health care and includes non-smoking, weight management and income tax preparation programs.

The emergence of counselling demonstrates employees' desires for new perks offered by work. But according to Culhane, Canadian workers need to be offered a variety of perks to accommodate the generational workplace divide.

"The benefits that appeal to a baby boomer — someone who's headed into retirement — are different than the Generation Y and Generation X," he said. While Culhane said transit to and from work is a benefit that would appeal to young workers, the same demographic is not likely to be interested in benefits more attractive to older employees. "Extended medical might appeal to (a young worker). Life insurance likely wouldn't."

> **"What I think we're going to see is more pressure and more agreement for people to work from home one or two days a week."**
> Patrick Culhane

Still, life insurance topped the list, with 61 per cent of organizations reportedly offering the employer-paid premiums. Car allowance, tuition fees, disability benefits and membership dues rounded out the top five benefits on the list.

One perk Culhane said he believes will increase in the future involves not even being at work. "What I think we're going to see is more pressure and more agreement for people to work from home one or two days a week."

Telecommuting is just one of several perks Culhane said he thinks will rise as workplaces become more flexible toward economic and societal changes. He adds unpaid vacation extensions and more inclusive transit passes as changes necessary for organizations to remain pliable.

"I anticipate we're going to see more flexibility in the type of benefits. It's the variability of the benefits related to the lifestyles of the workers and the generational expectations that are different in the workforce."

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University of Manitoba opens Centre for Creative Writing and Oral Culture

The University of Manitoba opened its Centre for Creative Writing and Oral Culture, the first of its kind in Canada, recently. The centre was created to provide a space for students, scholars, and visiting artists to work on verbal art, and study the relationships between oral and written culture. METRO NEWS SERVICES

Keeping out of trouble

• Payroll companies like ADP are experts at calculating payroll taxes and track regulation changes closely, ensuring that employment tax reports and end-of-year paperwork are submitted correctly and on time. This can be very helpful as entrepreneurs and small business owners don't need the hassle of being penalized by the Canada Revenue Agency.

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How to reduce your payroll headaches

If paying employees meant nothing more than writing cheques and handing them out on time, more employers would do it themselves.

But as most owners are realizing the do-it-yourself approach to payroll doesn't pay, because there's also the record keeping, calculation and payment of specific taxes, and management of year-end paperwork for the company and its employees. Make a mistake and you could end up on the wrong side of the Canada Revenue Agency, facing penalties and even interest on money owed.

Not only that, but one study shows it's actually more expensive to do it yourself than hand it off to the experts. According to the ADP Price of Payroll study, outsourcing saves nearly one-third of the time it takes to manage payroll processes, working out to the equivalent of saving $939 per year for many small businesses.

"In most cases, it costs less than the price of a cup of coffee for each employee paycheque handled by ADP. But the real value to most entrepreneurs is the time they save," says Rod Dobson, president of ADP Canada. "If you're big enough to have an employee, you're big enough to outsource."

Could your business benefit from outsourcing its payroll? Here are some considerations:

- Accounting: Is someone at your business up-to-date with the latest best practices in money management?
- The law: Are you familiar with Bill 198 and how it could affect you and your own internal controls?
- Security: Are your computer systems and facilities for internal company and employee data secure?
- Growth: Is there a possibility that you may one day sell your company or offer shares to investors? That won't happen if your business isn't compliant.

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Yukon College drops general mechanics program
Yukon College has cancelled its general mechanics program because of a lack of interest, despite a seemingly high demand for mechanics in the territory. Just one person applied to the program by August. METRO NEWS SERVICES

Class action lawsuits on the rise

WorkplaceLaw

Daniel Lublin
dan@toronto-employmentlawyer.com

"GREATNESS LIES NOT IN BEING STRONG, BUT IN THE RIGHT USE OF STRENGTH."
-HENRY WARD BEECHER

It's workplace law's newest, and biggest, phenomenon: Lawyers specializing in class action lawsuits, joining together groups of employees with similar legal claims. But mass justice may come with a price: Employees, excited by multimillion-dollar settlements, unaware that their interests may not be aligned.

Don't misunderstand. If you are one of the thousands of Canadian employees with claims for overtime, unpaid wages or pensions, joining a class action lawsuit makes sense. Pursuing the matter on an individual basis does not garner the same attention from your ex-employer as a $600-million lawsuit on behalf of 10,000 employees would, such as the suit the CIBC currently faces for unpaid overtime — with the potential of recovering seven-figure damage awards and moving their case's coverage from this column to the front page of the news.

However, with recent workplace class action lawsuits for overtime and unpaid wages sharing national headlines with large scale downsizing and layoffs, class action lawyers have been sharpening their pens, taking aim at mass wrongful dismissal actions. But not so fast. In wrongful dismissal suits, where the individual facts of each ex-employee's claim determines its ultimate merit, a class proceeding may be a mass mistake. Some concerns:

- Not all class action lawsuits actually proceed. Class action firms spend great time and expense attempting to have the case certified by a judge. Some linger uncertified for years. For overtime claims, such as the CIBC case, which is still pending, most employees remain at their jobs or have found others. But in wrongful dismissal cases where the plaintiffs are unemployed, there is a need for speedy settlements.
- How will settlement monies in class action wrongful dismissal suits be appropriately distributed? The Supreme Court recently confirmed damages for wrongful dismissal should be adjusted upwards or downwards based on the unique individual circumstances of each plaintiff, such as any particular reason that would cause one person to take longer to find another job.

Mass lawsuits for wrongful dismissal may also create conflicting interests within the members of the class. There will be instances where some ex-employees should settle their claims, such as where re-employment is certain, while others should hold out for a better deal.

How will legal fees be equitably distributed? Class action lawsuits pay lawyers based on a percentage of recovery. However, in a class action setting, the work performed for each claimant is, in part, a duplication of the work performed for the group. Further, if the lawyers are paid based on a percentage of recovery for the group, what incentive do they then have to really consider the unique circumstances of each plaintiff?

In a mediation that I did last week, I represented five employees who are suing their ex-employer for wrongful dismissal. It is not a class action suit, but I have advanced their claims as a group, though each employee has a separate claim. The mediator remarked that my clients were smarter to fight as a group rather than to stand alone. "There is strength in numbers", he argued while assuring us that five simultaneous claims could no be ignored. He was correct.

Although the case did not settle, we made our point. If we could sue individually but proceed as a group, what incentive do we have to join a class action?

Daniel A. Lublin is an employment lawyer focusing on the law of dismissal; dan@toronto-employmentlawyer.com.

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MTV picks up Hills spinoff

A much-discussed Hills spinoff featuring Whitney Port has been officially picked up by MTV, sources confirm to E! News exclusively. "They will start shooting immediately," says the show source. The series is to start airing in early 2009. **E! NEWS ONLINE**

Entertainment

Keira talks Scott

Keira Knightley is in talks to play the wife of novelist F. Scott Fitzgerald in a new biopic. The film, The Beautiful and the Damned, will look at the relationship between the author and Zelda Sayre. **BBC NEWS ONLINE**

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

90210 picked up for full season

TV The CW's drama 90210 has been picked up for a full season of episodes, us-magazine.com reports.

"We're very excited about the chance to watch this ensemble of newcomers and familiar faces coalesce and grow together as we move forward," said Dawn Ostroff, the president of entertainment at the CW.

In brief

DVD The most popular DVDs according to Rogers Video for the period ending Sept. 21, The Canadian Press reports:

1. 88 Minutes
2. Made of Honor
3. The Love Guru
4. Baby Mama
5. The Forbidden Kingdom
6. What Happens in Vegas
7. The Promotion
8. Speed Racer
9. Street Kings
10. Then She Found Me.

METRO NEWS SERVICES

The state of the western

PHILIP BROWN
for Metro Canada

One of the best westerns to ride onto screens in years, Ed Harris's new film Appaloosa does a surprisingly good job of reviving and updating the genre — but whether it will strike gold with audiences is another story

There was a time when Hollywood produced a saddle-full of westerns, but by the late '60s the genre was pretty much dead.

Directors like Sam Peckinpah (The Wild Bunch) and Sergio Leone (The Good, the Bad, and the Ugly) created revisionist westerns that toyed with the formula and excited new audiences, yet it almost felt as if there was nowhere left to go in the genre once they were done with it.

There have been numerous attempts to revive the western since then, the most successful being Clint Eastwood's 1992 masterpiece Unforgiven. The film was easily one of the most thought-provoking and interesting films in the genre, sparking a wave of new westerns in the '90s including Jim Jarmusch's quietly brilliant Dead Man, Sam Raimi's kinetic The Quick and the Dead, and the blockbuster Western Tombstone.

They were all solid films, but none was successful enough to breathe new life into the genre. Since then, there has been a new western every few years, but sadly nothing that generated much commercial interest.

Appaloosa — starring Viggo Mortensen — is riding high in the saddle among critics and western fans.

Last year's 3:10 to Yuma proved that westerns could still be bankable, but the success of that movie had more to do with the combined star power of Russell Crowe and Christian Bale than anything else.

The amazing HBO series Deadwood is one of the most remarkable westerns ever created, but despite a cavalcade of awards and critical acclaim it never had much of an audience and was cancelled before reaching the planned concluding fourth season.

Surprisingly, some of the most entertaining westerns to be produced in recent years are wild pop-art experiments to emerge from Asia, including Takashi Miike's Sukiyaki Western Django and Ji-Woon Kim's upcoming The Good, the Bad, and the Weird.

However, as fun as these movies are, they won't have much impact on this quintessentially American genre.

As long as there are filmmakers with a sense of the history, there will be westerns, but unfortunately it doesn't look like the genre will ever be commercially viable again. The days of John Ford have passed and they may never return.

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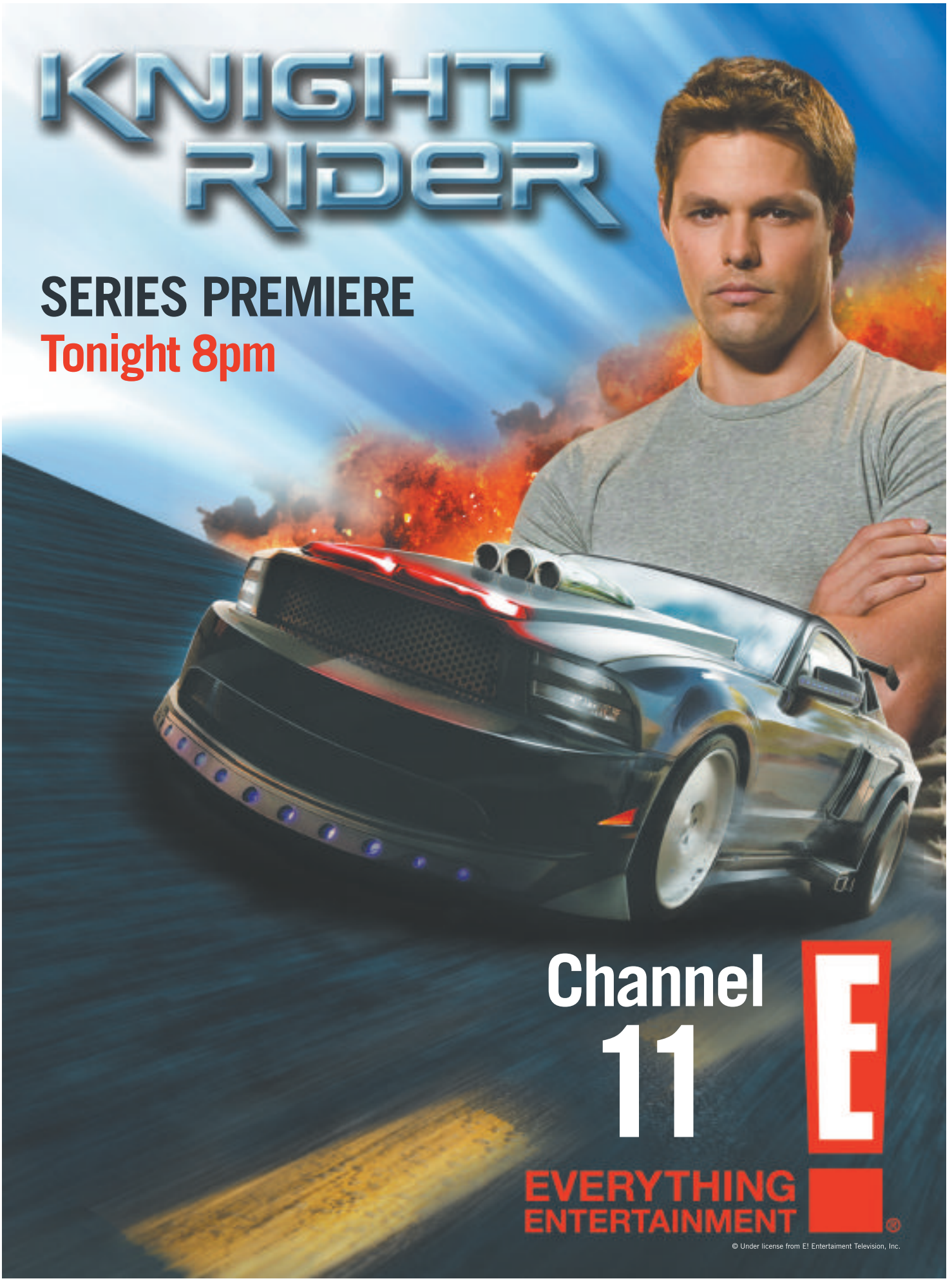
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Virgin Radio makes history

Virgin Radio's Toronto-based "Planet Maurie Show" made it into The Guinness Book of World Records as the shortest radio show in the world at 45-60 seconds, the station announced yesterday. The feat will be published in next year's book. METRO CANADA

Crime writer Dominick Dunne was released from a Las Vegas hospital yesterday and has returned to covering the Simpson trial.

Dunne out of hospital, O.J. welcomes return

Celebrity crime writer Dominick Dunne was greeted by O.J. Simpson as he returned to a Las Vegas courtroom yesterday to cover the former football star's armed robbery-kidnapping trial.

"Mr. Dunne, nice to see you back," Simpson said as the 82-year-old Dunne and his son, Griffin Dunne, arrived in the courthouse hallway minutes before testimony resumed. Dunne shook Simpson's hand before turning to accept well wishes from the bailiff in the courtroom, Arthur Sewell.

The Vanity Fair magazine writer has spent decades covering society and celebrity trials, including Simpson's acquittal in 1995 of the slayings of his ex-wife Nicole Brown Simpson and her friend Ronald Goldman.

Dunne, who has been fighting bladder cancer, left the courtroom Monday after complaining of severe pain and was taken to a hospital for treatment. Dunne said he had been diagnosed with an infection. He said yesterday he felt better.

THE ASSOCIATED PRESS

Dunne's work

- High-profile criminal trials covered by Dominick Dunne include those of O.J. Simpson, Claus von Bulow, William Kennedy Smith and the Menendez brothers.

METRO NEWS SERVICES

More gays, lesbians in prime time

U.S. broadcast television will have 16 gay and bisexual regular characters in prime-time series this fall, more than double the seven of a year ago, a new study has found.

The Gay & Lesbian Alliance Against Defamation said it was a positive sign of networks making their shows more representative, although more work needed to be done.

These characters accounted for 2.6 per cent of all the regular characters in TV series, up from 1.1 per cent last year and 1.3 per cent in 2006, according to the study, released Monday.

GLAAD president Neil Giuliano singled out Fox for having five such regular characters this fall, considering there were none a year earlier. The character Thirteen on House is bisexual, while the new Do Not Disturb has a gay man. None of the 126 regular characters on CBS shows are gay, lesbian, bisexual or transgender, GLAAD said, and only one recurring character — Brad on Rules of Engagement — is gay.

"As the networks gradually add characters from all backgrounds ... more and more Americans are seeing their LGBT friends and neighbours reflected on the small screen"
Neil Giuliano, GLAAD

ABC will have seven characters that are either gay men or bisexual women this fall, NBC will have three and the CW will have one, according to GLAAD.

A total of 19 recurring characters, those who appear only time to time, fit the category, GLAAD said.

That's up from 13 a year ago.

The number of regular characters fitting the definition fell from 40 to 32 on mainstream cable networks, a count that doesn't include the gay-oriented networks Logo and here!

There were no lesbians among the regular characters, according to GLAAD. But there are five bisexual women, including the characters of Callie Torres and Erica Hahn on ABC's Grey's Anatomy.

"As the networks gradually add characters from all backgrounds and all walks of life to prime-time programming, more and more Americans are seeing their LGBT friends and neighbours reflected on the small screen," Giuliano said.

The lobbying group has been monitoring the presence of gay, lesbian, bisexual and transgender characters on TV for four years.

THE ASSOCIATED PRESS

Franz Ferdinand album coming

NEW TUNES Franz Ferdinand have almost finished work on their "sinister youthful" new album, femalefirst.co.uk reports.

The rock band has been in the studio for almost two years working on the follow up to 2005's You Could Have It So Much Better and now front man Alex Kapranos says the album is nearly ready.

The band is scheduled to release their as-yet untitled new album in January.

McCartney selects Duffy for cover

MUSIC Duffy is set to cover a Wings song after being hand-picked by Sir Paul McCartney, femalefirst.co.uk reports.

Duffy will cover Live and Let Die for Heroes, a new fundraising album for War Child, which sees veteran artists, including the former Beatles and Wings star select songs from their back catalogues and choose present-day artists to cover the tracks.

Other artists selecting songs for the album include David Bowie, Bob Dylan, Brian Wilson and The Clash.

Heroes is scheduled to be released on Nov. 22.

Killers impressed with producer

MUSIC The Killers have revealed they decided to record with producer Stuart Price after they recorded their new single, Human in a snap, Ananova.com reports.

Price, who helmed Madonna's Confessions On A Dancefloor, impressed the Las Vegas band so much with his vision that they collared him for the entire LP. "We'd provide the meat and potatoes and Stuart would add the landscapes and galaxy that surrounds it," front man Brandon Flowers told the Daily Star. The Killers' new album, Day & Age, is set to be released Nov. 24.

Designer Ford finishing first film

MOVIES Fashion designer Tom Ford is finally going to see his dream come true, E! News Online reports.

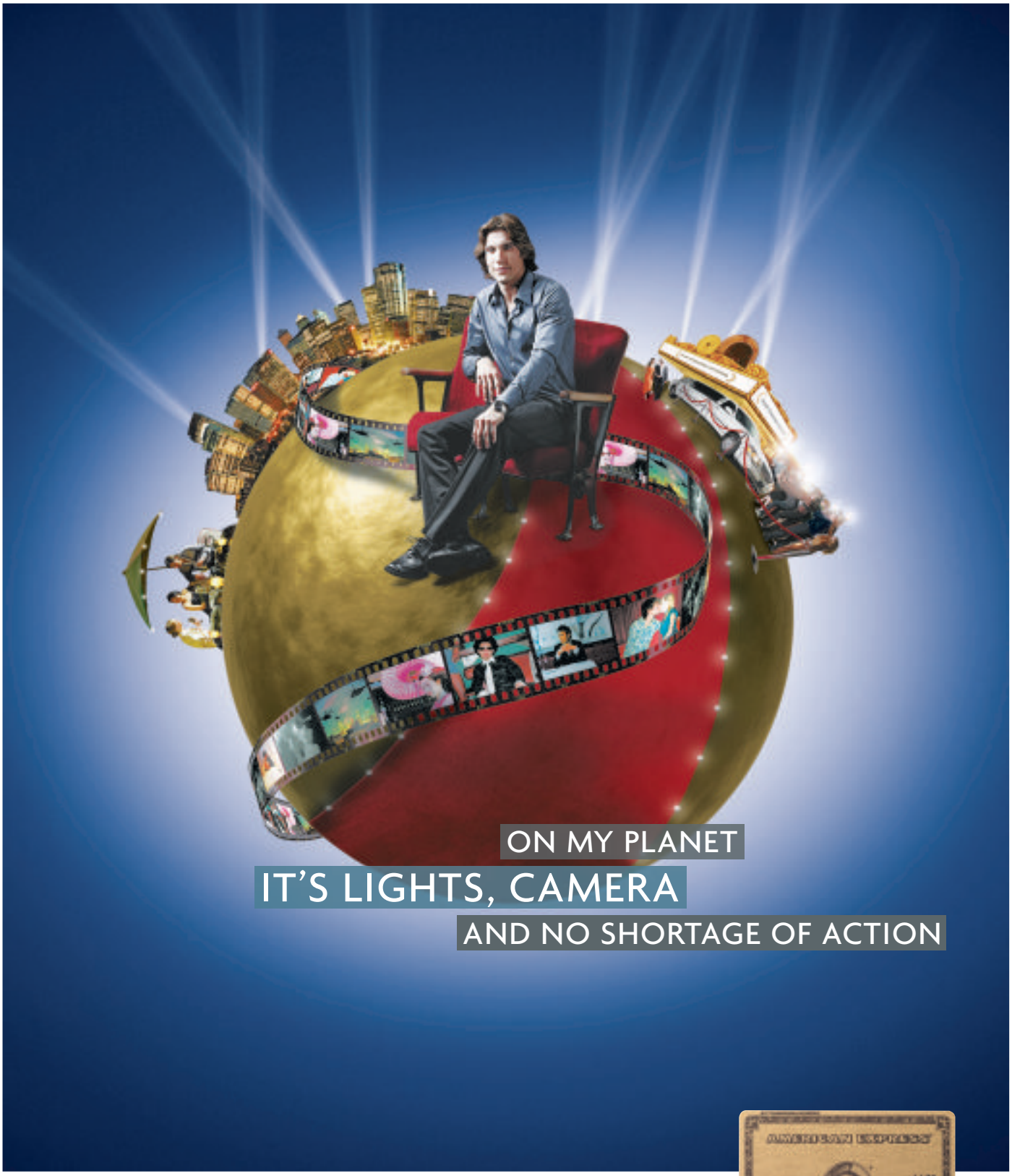
The former Gucci designer is putting the final touches on his directorial debut of the movie adaptation of Christopher Isherwood's 1964 novel, A Single Man. Colin Firth will star as a gay college professor who deals with the sudden death of his lover.

METRO NEWS SERVICES

David Blaine **Hanging out in Central Park**

THE ASSOCIATED PRESS PHOTO

What's David Blaine up to? Oh, just hanging around. The magician-daredevil proclaimed, "I'm doin' all right," after starting his latest endurance challenge Monday — 60 hours hanging upside-down, without a net, at Wollman Rink in New York's Central Park. Blaine — sounding nasal from sinus pressure — kept smiling while describing the "enormous push of blood" that made it feel like his head was "about to explode." As a child, he was intrigued when Harry Houdini dangled from a crane by his ankles while escaping a straitjacket. Said Blaine: "The legs go pin and needle very fast." Stretches — kind of an upside-down sit-up — seem to help. Blaine, 35, is scheduled to exit from his perch at the climax of a live, two-hour ABC special, David Blaine: Dive of Death, tonight.



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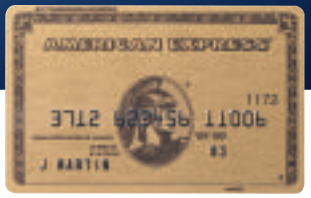

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Wilson taking bite out of vampire movie

Actor Owen Wilson will feature in and produce Blood Brothers, a comedy centred around the friendship between a man and a vampire. Wilson is reportedly going to be playing the straight man, with his blood-sucking pal yet to be cast. FEMALEFIRST.CO.UK

Spielberg funding backs gay unions

CAUSE Director Steven Spielberg and his wife, Kate Capshaw, are the latest celebrity donors in the fight against California's November ballot initiative that would overturn the state Supreme Court decision legalizing same-sex marriage.

Spielberg and Capshaw have donated $100,000 US to fight Proposition 8, the couple announced in a statement.

THE ASSOCIATED PRESS

Grey's to reach beyond fairy tale

First came the achingly romantic hilltop reunion between Dr. McDreamy and Meredith that ended last season's Grey's Anatomy. Is heartbreak next?

"We ended last season with the end of the fairy tale," said series creator Shonda Rhimes. "I always thought this season was about what happens after the 'happily ever after,' for all our characters.

"For some, it's about jumping off into something new. It feels like a very fresh start for everybody," Rhimes said. The ABC show's two-hour season debut is 9 p.m. EDT tomorrow.

An on-air promotion has provided a clue about one potential challenge facing Meredith Grey (Ellen Pompeo) and Derek (McDreamy) Shepherd (Patrick Dempsey). It includes a brief scene in which Derek is confronted by nurse Rose (Lauren Stamile).

"I always thought this season was about what happens after the 'happily every after.' "
Writer Shonda Rhimes

"I wish there were a good way to say this: I'm carrying your child," Rose tells Derek, whose stunned look might match that worn by Grey's fans.

When last seen, McDreamy was embracing Meredith amid a sea of candles after therapy allowed her to see the light about their relationship. Rose's revelation — if it's to be taken at face value — strikes an ominous note for the couple.

Adding to the mystery: In an ABC podcast in May, Rhimes said Rose isn't pregnant, and was later quoted as saying she wouldn't deceive Grey's loyalists. If that's the case, Rose — or the network's promotional department — is quite the manipulator.

Rhimes, who's highly protective of plot twists, won't tip her hand, but she's openly upbeat about the show's fifth season.

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New Gorillaz tunes in works
Damon Albarn has revealed he will be making another Gorillaz album with partner Jamie Hewlett. **ANANOVA.COM**

One thing is certain: uncertainty fuels life

HineSight
Anne Hines

Today, I want to talk about uncertainty. I'm just not entirely sure what to say about it.

What started me thinking about this was that this past week I learned of a serious problem inherent in bar stools. My friend Belle broke her ankle by falling off one.

Some people might ask, "Was she dancing on the stool at the time?" or "Had she had a few?" Which just goes to show they don't know Belle. Of course she wasn't dancing on the stool. And of course she'd had a few.

One might argue that the fall was not entirely the stool's fault. But the fact is this tragedy could have been averted if the manufacturer had simply affixed a label saying something like, "Wrapping your foot around this stool in a rather fetching, coquettish manner and then forgetting to unwrap it when you stand up may cause injury."

Life will surprise us. And that's a good thing.

Instead, we all have to live with the knowledge that bar stool-related unpleasantness could happen at any time.

I don't like uncertainty. It makes me feel … uncertain. A lot of people share this feeling. That's why we turn to paid experts who can assure us of what the future holds. Depending on what amount we're prepared to spend, these professionals are called either financial advisers or telephone psychics.

I consulted a palm reader once. She charged me $40 and told me I'm destined to spend money foolishly. I left thinking she was right.

We want our world to be predictable and stable. The problem is that a) it isn't and b) well, that's it really. And it's not just what's around us, it's also what's inside us that can turn on a dime.

A few years ago, I was sitting in a boardroom waiting to start a meeting. A woman I had never met walked into the room. I thought, "Oh my God. I'm gay." I'm not the only person to have this happen.

Comedian Rosie O'Donnell reports she was motoring home after getting her driver's licence when she was struck by this same realization. Personally, I'm glad I wasn't operating heavy machinery at the time.

Sometimes uncertainty feels like falling off a bar stool and sometimes it feels like falling in love. In any case, no warning label can prepare us for the jolts and joys that lie ahead. Life will surprise us. And that's a good thing.

I'm certain.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

My stomach is flat again

Cathy Summers was devastated for several years because of her problems with yeast. She felt bloated, had gained weight, craved carbohydrates and her energy levels were lower than ever. It was also putting a real toll on her relationship with her boyfriend Peter.

I WAS DESPERATE

"Nobody seemed to take my condition seriously and no remedy would help me. But through at local health food store I got in contact with a naturopath and he was in no doubt, after hearing my symptoms; I had an imbalance in my intestines between healthy bacteria and yeast cells. He told me how common it is that yeast fungi overgrow in the intestines, but that most people don't know they have the problem. Actually, one in three of his female customers experienced these problems."

I TRIED DIDA

"The naturopath gave me a list of things to avoid, such as white sugar, white flour, candy, processed foods and active yeast (bread). He then put me on two dida tablets a day, for eight weeks and told me to take them with a meal."

NO MORE BLOATING!

"I cannot believe how much my situation has improved since using dida and following the naturopaths recommendations. My stomach is flat again! I am full of energy and my sweet cravings disappeared. It's such a relief to have found a natural solution that works. But best of all - my relationship with Peter is full of life and love again!"

YEAST LOVES SUGAR - BUT HATES CINNAMON!!

Candida fungi can overgrow if you eat a poor diet (refined sugars especially), if you have used antibiotics or birth control pills, or if your immune system is weak (malnutrition, overtraining, bad health in general).

Most people don't even know they suffer from Candida overgrowth, but women recognize it, when they get a yeast infection. The normal medical treatments are lotions or pills. These are effective but don't provide a long-term solution. Furthermore, over 40% of sufferers re-experience Candida problems after using these treatments.

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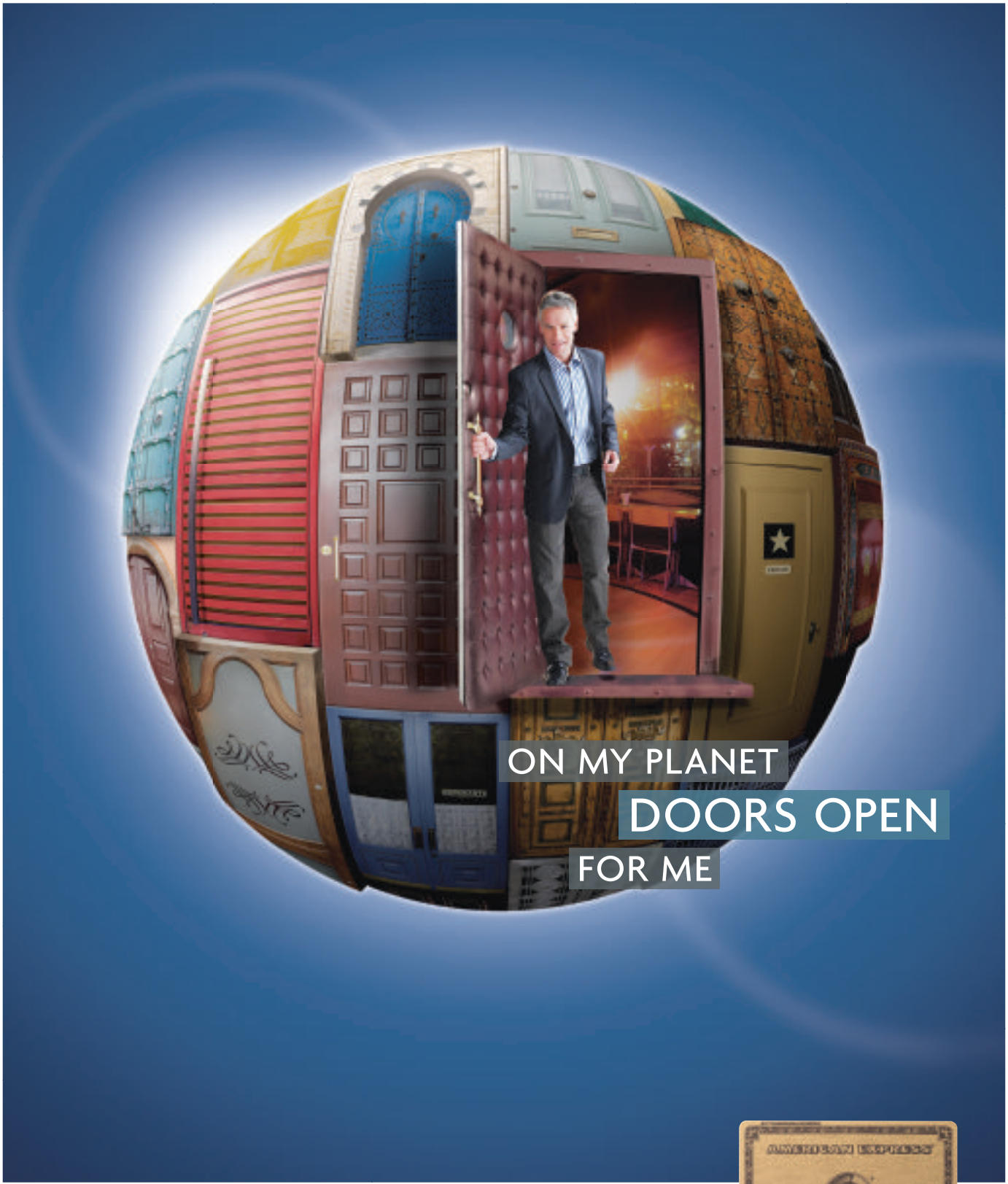

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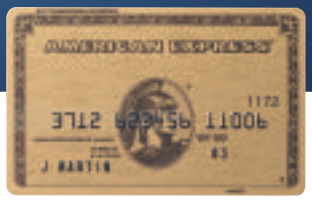

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Chinese Lantern Festival
Back at Ontario Place for another year, with colourful lanterns on display, depicting everything from animals to architectural wonders. Runs to Oct. 12 ($20-$25). 955 Lake Shore Blvd. Info: 416-314-9900 or chineselanternfestival.ca. TORSTAR NEWS SERVICE

theatre

THE CRACKWALKER The story of a mentally challenged girl in Kingston. To Oct. 11. Tue.-Sat. 8 p.m.; Sat. 2:30 p.m. $15-$20; Tue. PWYC. Theatre Passe Muraille Backspace, 16 Ryerson. 416-504-7529.
JERSEY BOYS Dancap's last production of the season is a Tony Award-winning jukebox musical centred on songs made famous by Frankie Valli and the Four Seasons. To Oct. 5. Tue.-Sat. 8 p.m.; Wed. & Sun. 2 p.m. $55-$125. Toronto Centre for the Arts, 5040 Yonge St. 416-872-1111.
LATE/BLACK MEDEA A double bill feat. one-act plays. To Oct. 5. Thu.-Sat., Tue. & Wed. 8 p.m.; Sun. 2 p.m. $20-$30. Berkeley Street Theatre, 26 Berkeley. 416-368-3110.
MONTY PYTHON'S SPAMALOT To Oct. 5. Tue.-Sat. 8 p.m.; Sat. & Sun. 2 p.m. $26-$110. Canon Theatre, 244 Victoria.
SCORCHED Tarragon's original 2007 production of Scorched won acclaim and two Dora Awards. To Sept. 28. Tue.-Sat. 8 p.m.; Sat.-Sun. 2:30 p.m. $20-$45; $15 Fri. rush; Sun. PWYC. Tarragon Theatre, 30 Bridgman. 416-531-1827.
THEATRE OF THE OBSESSED Featuring new short plays by Toronto playwrights. Sept. 24-27. Wed. 8 p.m. $15. Centre for the Arts, 263 Adelaide W. 647-835-0250.

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Leary rips Emmy hosts

Actor/comedian Denis Leary, right, has blasted the reality TV hosts of Sunday night's 60th Annual Primetime Emmy Awards because their lack of comic timing "offended" him. "I was offended as a comedian," he said. METRO NEWS SERVICES

HBO Canada's timing seems iffy

IntelleVision

Rick McGinnis
rick.mcginnis@metronews.ca

HBOVER HERE: It seems a day late and a pound short, but the corporate partners behind the Movie Network and Movie Central here in Canada are adding HBO Canada to their cable offerings, a new channel available to anyone already subscribing to the two other channels, and designed to feature the full menu of HBO programming, not just the shows that have already been offered individually here — hit shows like Sex and the City, Deadwood and The Sopranos, or current ones like Entourage, True Blood, Flight of the Conchords and In Treatment.

HBO Canada will launch next month, and will round out the network's current shows with HBO programming that only arrives here on DVD or after a long delay on basic cable — the sports events, comedy, documentaries and concerts that were once the network's bread and butter, as well as rebroadcasts from HBO's library, which will probably include miniseries and movies such as Angels In America, From the Earth to the Moon and Oz.

The new channel is not a partnership — HBO does not have any ownership stake in the new channel, according to a press release, but rather Astral Media and Corus Entertainment have expanded their deal with the U.S. network, which will also see more HBO content appearing on their On Demand channels.

This would have been a big, bold move two or three years ago, when HBO's brand was white-hot, but right now it looks more like Corus and Astral are doing HBO the favour, and not the other way around.

The U.S. network has had its thunder stolen by its once-marginal competitors since the The Sopranos made its halting march to its finale; that last episode, with its abrupt, ambiguous ending, turned out to be prescient, as HBO's profile seemed to diminish just as sharply, though its reputation lingers in a stubborn half-life.

Acclaimed programming still remains on HBO despite the end of The Sopranos.

HBO did very well at Sunday's Emmys, picking up a bale of awards for shows like Entourage, In Treatment and especially John Adams, but the relevance of those accolades is debatable when the show pulled its lowest ratings ever — just 12.2 million viewers — and drew an avalanche of critical brickbats for its leaden pacing and disastrous hosting gimmick.

Until HBO can hoist its standard on a couple of new flagship shows, its public image will increasingly revert to the dissipated host of offerings it was famous for during most of its early history — the 25-plus years between its low-profile debut in the heyday of network television until those fateful nights when Carrie Bradshaw tripped down a Manhattan sidewalk in her unfeasibly high heels and Tony Soprano padded out to the end of his driveway to pick up his morning paper.

Rick McGinnis writes about music, movies, books and television, but not opera.

Rather can pursue lawsuit: Judge

IN COURT A New York judge says Dan Rather can proceed with his $70-million US lawsuit accusing CBS of violating its contract with him when the network fired him. CBS lawyer James Quinn said Rather can't prove breach of contract because the network assigned him to another show and paid him what it owed him. Rather lawyer Martin Gold said proving breach of contract will be "a slam dunk."

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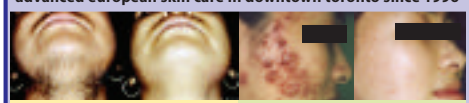

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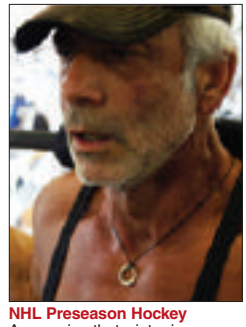
TO		Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 9/24/08		265	353	2	TVO	Life in Cold Blood		The Agenda With Steve Paikin		The View From Here (N)			View From Hr	Agenda-Paikin
		211	331	3	GTV	ET Canada	Entertainment	Bones (HDTV PA) (N)		NCIS (N)		Crime Stories (N)		News (N)
		215	343	4	OMN1	2Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
		210	302	6	CBC	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (HDTV)	CBC News: the fifth estate		CBC News: The National		The Hour
		214	344	7	CITY	Law & Order: SVU		Make Me a Supermodel		Rock of Love-Bret Michaels		Lipstick Jungle (N)		News (N)
		212	313	8	CTV	eTalk	Hollywood	Dancing With the Stars		Criminal Minds (N)		CSI: NY "Veritas" (N)		News (N)
		218	345	11	E!	The Insider (N)	E! News	Knight Rider (N)		Deal or No Deal		True Hollywood Story (N)		News (N)
		137	763	13	TFO	Panorama		Les Citadins du rebut global		*Mifune* ★★ (1999, Com. dramatique) Anders W. Berthelsen.				Enfants
		-	-	14	-	Cold Case "Willkommen"		News (N)		News (N)		2Half Men	King	Cold Case
		213	326	15	SUN	Becker	George Lopez	*Regarding Henry* ★★ (1991, Drama) Harrison Ford.				To Serve and Protect		Grill Rm.
		-	387	16	CBS	Inside Edition	Hollywood	Old Christine	Gary Unmarr	Criminal Minds (N)		CSI: NY "Veritas" (N)		News (N)
		-	385	17	NBC	The Insider (N)	Entertainment	Knight Rider (N)		America's Got Talent		Lipstick Jungle (N)		News (N)
		-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Dancing With the Stars		David Blaine Dive of Death (HDTV) (Live)				News
		219	346	20	ACH-B	Robson Arms	TMZ (N)	America's Next Top Model (N)		America's Got Talent		Cold Case		News (N)
		-	-	28	FOX	Judge Judy (N)	Two/Half Men	Bones (HDTV PA) (N)		'Til Death	Do Not Disturb	Seinfeld	Two-Half Men	The Simpsons
		-	388	61	PBS	News-Lehrer	Mulberry	Killer Stress: National		American Masters (N)				Business Rpt.
		297	652	330	WPX	Two/Half Men	Family Guy	America's Next Top Model (N)		90210 (HDTV)		CW11 News at Ten		Two-Half Men
		296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV) (N)		WBZ News (N)	'70s Show	Frasier	Frasier	Cheers
		298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two-Half Men	Next Model
news		502	390	26	NW	CBC News: Around the World		Canada Votes: Your Turn		CBC News: The National		Monarchy: The Royal Family		National
		500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
		509	504	79	CNB	Kudlow & Company		On the Money		The Hunt for Black Gold (N)		The Big Idea With Deutsch		Mad Money
sports		405	417	22	net	MLB Baseball New York Yankees at Toronto Blue Jays. From Rogers Centre in Toronto.						Sportsnet Connected		Hockey Central
		400	400	30	TSN	That's Hockey!	NHL Preseason Hockey Toronto Maple Leafs at Pittsburgh Penguins.					SportsCentre (HDTV) (Live)		
		411	457	58	OLN	Ed's Up	Videos	The Search "France"		Ed's Up	Adventures	Word Travels	Globe Guides	Pilot Guides
		417	406	81	SC	Pinks (HDTV)	Pass Time	Am. Thunder	Am. Thunder	Pinks (HDTV)	Pinks Outtakes	Wrecked	Wrecked	Pinks (HDTV)
family		551	542	25	YTV	Malcolm-Mid.	Home Improve.	Prank Patrol	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Prank Patrol	Mystery Hnt.
		554	544	45	TEL	George-Jungle	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	The Critic (N)	Robot Chicken	Daughter-Devil
		556	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety		602	567	27	W	Will & Grace	Friends	Grocery	What You Eat	Supersize vs. Superskinny (N)		Gok's Fashion Fix (N)		Style by Jury
		570	580	29	MM	MTV's Top Pop Group Ashanti.			Technical Diff.	PunchMuch		MTV's Top Pop Group Ashanti.		
		615	520	31	A&E	CSI: Miami (HDTV)		Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Criss Angel Mindfreak		Criss Angel
		700	800	35	TLN	Centrovetrine	Sky TG 24	La Figlia di Elisa Ritorno a Rivombrosa				Raymond	Raymond	George Lopez
		571	581	36	MMM	mmmtop	Popaganda		Back In	Listed "20 Dirty Ditties"		Brooke Knows	Revival	Party of Five
		575	583	38	CMT	CMT30	Totally	Beyond Chance		Reba	Hope & Faith	Home Improve.	Home Improve.	Jason McCoy
		616	521	39	SHO	Kink in Hair	Kink in Hair	Billable Hours	Billable Hours	Durham County		The Riches (HDTV)		House
		620	523	40	BVO	Desperate Housewives		Berkeley	Bravo!Videos	Wingfield	The Letters		The Achievers	Law & Order
		601	562	41	SLC	End of Leash	ET Canada	X-Weighted		Work Out		Inside Hollywood		X-Weighted
		522	506	43	HIS	NCIS "Skeletons"		Cities of the Underworld		Robin Hood-Outlaw Hero		NCIS "Skeletons"		Jetman
		625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Lewis Black	RENO 911! (N)	Daily Show
		600	564	46	H&G	House Hunters	Property Virgin	Property Shop	Big City Broker	Property Virgin	Unsellable	Flipping Out		Holmes-Homes
		294	529	47	TBS	House-Payne	House-Payne	*Blade II* ★★ (2002, Horror) Wesley Snipes, Ron Perlman.				Family Guy	Family Guy	Friends
		576	582	49	BET	106 & Park	Jaz. Sullivan	Access	Black Carpet	*Leprechaun: Back 2 tha Hood* ★ (2003, Horror)				Judge Karen
		627	528	50	SPC	Lost		Star Trek: Deep Space Nine		Battlestar Galactica		Ghost Hunters International (N)		Stargate SG-1
		581	566	52	MTV	Busted	After	Canada's Next Top Model		Paris Casting Special		Real World-Road Rules		MTV Live
		618	524	54	TROP	Beverly Hills, 90210		Reality	What Happen?	Family Guy	Seinfeld	Seinfeld	'70s Show	Family Guy
		603	561	56	FOOD	Road Grill	Licence to Grill	Restaurant Makeover		Iron Chef America		Jamie's Australian Diary		Challenge
		261	394	60	V	Murder, She Wrote		Chambers	No Place Like	Darling Buds of May		Festival of	Building Faith	Meet-Sumdees
		621	527	63	STR	The Ellen DeGeneres Show		TMZ (N)	eTalk	Paris Casting Special		The Tonight Show-Jay Leno		TMZ
		553	546	65	TRE	Wonder Pets	Nght Grdn	Bucket-Dinos	Franklin	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears
		115	711	101	TVA	Qui a tué?	Poule-oeufs or	Destinées "La Faille" (SC)		Les Soeurs Elliot (N) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
		126	730	102	RDI	RDI en direct	Élections	Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
		526	507	249	CLT	Judging Amy		*The Waiting Game* (1998, Drama) Paula Abdul, Art Hindle.				Mysterious Ways		Judging Amy
		300	601	301	M1	(7:15) *The Boss of It All* ★★ (2006, Comedy)				*The Assassination of Jesse James by the Coward Robert Ford* (2007)				
		305	612	306	PIX	*Born-East LA*	(7:20) *Little Criminals* (1995)			*Coma* ★★★ (1978, Science Fiction) Geneviève Bujold.				*Jericho Mans.*

critics' corner

The View From Here

You'd be embarrassed, too, if you had a father pushing 60 who liked to strut around onstage nearly naked. But filmmaker Bryan Friedman has set aside his embarrassment long enough to turn the camera on his estranged father, competitive bodybuilder Bill Friedman, as he attempts to regain the world championship title in his age group. Along the way, Bryan gains some new understanding of his father in "The Bodybuilder and I." 9 PM on TVO



NHL Preseason Hockey

A sure sign that winter is on the way are the first games on ice, and it comes this week in the form of two NHL preseason games on TSN. The first tonight pits Sidney Crosby and the Pittsburgh Penguins against Jason Blake and the visiting Toronto Maple Leafs. The Leafs will unveil as many as 10 new faces this season, among them goaltender Curtis Joseph and possibly top draft pick Luke Schenn. Tomorrow night, the Phoenix Coyotes visit the Calgary Flames. 7:30 PM on TSN

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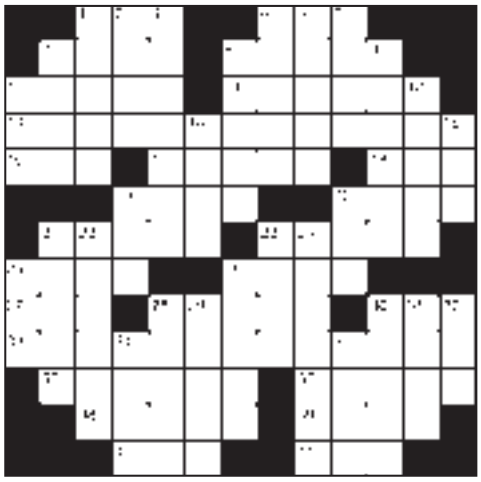


Crossword across

1 Young bloke
4 Lavatory sign
7 Go sightseeing
8 Fills the cargo hold
10 Cognizant
11 One
1 3Joseph, Kevin and Nicholas
16 Donkey
17 Prognosticators
18 Dead heat
19 One of the 4-H Club's H's
20 Citi Field forerunner
21 Disdain
23 Bowlers' milieu
25 Son of Odin
26 Poultry
27 Mess up
28 Where to find Augusta
30 Greek cross
33 Dianne, Peggy, Kathy and Janet
36 Affluence
37 Speechify
38 "The best-laid schemes o' mice an' men gang aft —"
39 Church service
40 Method (Abbr.)
41 CBS logo

Crossword down

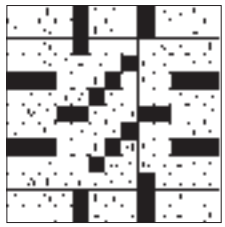
1 Bank transactions
2 Emanation
3 Bureau
4 Estate house
5 Tends texts
6 Benelux nation (Abbr.)
7 Pairs
8 Enticed
9 Boil slowly
10 "Mirrors" director Alexandre
12 Desiccates
14 Noggin
15 Red or Black
19 Perp. to vert.
20 Mr. Bill's home, briefly
21 Termagant
22 Part of 41-Across
23 Actress Anderson
24 "Radical, dude!"
25 Aviv lead-in
26 Arousing suspicion
28 Pitcher for the Yankees?
29 Initial stakes
30 Rib
31 Crafts' mates
32 Work with
34 Kvetches
35 Salver

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	2							7
			4	9	6			2
6					2	8	3	
	4				7			
		6				1		
			2				5	
	5	2	7					1
4			8	6	1			
3							9	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



7	2	6	5	4	1	3	8	9
5	8	4	3	9	6	7	1	2
3	1	9	7	8	2	4	6	5
8	3	5	6	2	4	1	9	7
2	4	1	9	7	8	5	3	6
9	6	7	1	5	3	8	2	4
1	7	2	8	6	5	9	4	3
6	9	3	4	1	7	2	5	8
4	5	8	2	3	9	6	7	1

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13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day

COOK SMART FOR A HEALTHY HEART

Barbecued Shrimp with Mustard Dipping Sauce

Treat yourself to skewers of juicy shrimp in an exotically spiced marinade.

INGREDIENTS:
3 tablespoons Dijon mustard
2 tablespoons fresh lemon juice
2 teaspoons ground coriander
2 teaspoons ground cumin
1/2 teaspoon pepper
24 large raw shrimp, peeled and deveined

METHOD:
1. To make the mustard dipping sauce, stir together the mustard, lemon juice, 1/2 teaspoon coriander, 1/2 teaspoon cumin and 1/4 teaspoon pepper in a small bowl. Set aside.

2. Combine the remaining 1 1/2 teaspoons coriander, 1 1/2 teaspoons cumin and 1/4 teaspoon pepper in a large bowl. Add the shrimp, tossing to coat.

3. Preheat the barbecue. Thread the shrimp onto four long skewers. Place the shrimp on the barbecue and cook until opaque throughout, about 1 minute per side. Serve at room temperature or chilled, with the mustard dipping sauce.

Nutrients per serving: calories 111, carbohydrate 1g, protein 23g, total fat 2g (saturated fat 0.3g)

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
There will be encounters with a special person. A sweet girl is too unstable to support you. There's a need for privacy for a mature friend.

TAURUS
APRIL 21-MAY 21
Preoccupation with other people's intentions develops. Refuse to interfere between relatives. A buddy reveals a different approach.

GEMINI
MAY 22-JUNE 21
An older friend feels touchier than usual. A minor mishap works out for a manipulator. A brand new toy brings joy to a woman.

CANCER
JUNE 22-JULY 22
A burden will be lifted when someone demands submission. You'll create some confusion. Anguish about family obligations will ease.

LEO
JULY 23-AUG 23
A biased person is forced to give you a call. Don't do anything about spiteful gossip. A financial hardship is temporary.

VIRGO
AUG 24-SEPT 22
Don't try to rush anything. Take advantage of feeling balanced. Watch carefully for signs of disgruntlement.

LIBRA
SEPT 23-OCT 23
Security comes up in an emotional debate. Desperate times call for extreme methods. A chatty co-worker has overindulged in caffeine.

SCORPIO
OCT 24-NOV 22
Something you were told is not really true. Someone is leaving you to do the dirty work. A death creates delay and confusion.

SAGITTARIUS
NOV 23-DEC 21
Overcome obstacles by asserting your personality. Don't get miffed with a parent. You'll experience good results with unusual associations.

CAPRICORN
DEC 22-JAN 20
Responsibility weighs heavily on your mind. A surreptitious conversation takes place. Sensitivity to another person's insincerity is disclosed.

AQUARIUS
JAN 21-FEB 18
There's a happy surprise at a dull social event. Be aware of a romantic newcomer. An absent person is meeting with an older man.

PISCES
FEB 19-MARCH 20
Your impulses are challenged by someone. Listen in on a chat to be entertained. A savage beast helps you get through the day.

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This day in history

SEPT. 24, 1789: The office of the Attorney General of the United States of America and the United States Post Office Department are established.
SEPT. 24, 1869: "Black Friday": Gold prices plummet after Ulysses S. Grant orders the Treasury to sell large quantities of gold after Jay Gould and James Fisk plot to control the market.
SEPT. 24, 1890: The Church of Jesus Christ of Latter-day Saints officially renounces polygamy.
SEPT. 24, 1948: The Honda Motor Company is founded.
SEPT. 24, 1957: Camp Nou, the largest stadium in Europe, is opened in Barcelona.

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Jonny Lee, wife expecting first child
Jonny Lee Miller of TV's Eli Stone and his wife Michele Hicks are expecting their first child, according to the actor's rep. The couple wed earlier this year. **PEOPLE.COM**

Celebrity Buzz

Renée talks about breast cancer scare

HEALTH Renée Zellweger has opened up about her breast cancer scare, which threatened to halt her career after the success of Jerry Maguire, imdb.com reports.

The actress reveals she found two small masses in her right breast during a self examination in 1996 and decided to get them checked out.

Zellweger, who lost her grandmother to cancer in 1969, recalls, "I thought, 'Oh, I know what you do now. You find out what that is. So, I went and found out."

The actress tells America's Self magazine she made an appointment with her doctor in Los Angeles and went to his clinic with a no-nonsense attitude.

"I was like, 'Let's just have it over with. Get in there, stab away, get your little crunchy bit or whatever you're looking for, put it in the mail and we'll call it a day,'" she adds. "Then I had a weird couple of days waiting for the phone call."

Zellweger eventually discovered she had fibroadenomas (benign breast tumours), which she calls, "a fancy word for nothing."

But the experience made her take cancer threats more seriously: "I pay attention, I do go get my checkups."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Spears pics probe

PRIVACY Police in Louisiana are hunting a store worker who has allegedly tried to sell private photographs from the Spears family album, femalefirst.co.uk reports.

Snaps of new mom Jamie Lynn Spears breast feeding her three-month old daughter Maddie have been offered to the media.

The collection of photographs also includes pop star older sister Britney holding her niece alongside her parents around Jamie Lynn's hospital bed shortly after the teenager gave birth.

Reports claim the photographs were taken on Jamie Lynn's boyfriend Casey Aldridge's camera before he took the camera card to a local store, but extra copies were made by a male employee.

METRO NEWS SERVICES

celebrity brief

Jodie filming reality show

CAREER Jodie Sweetin is taking the "rock 'n' roll" approach to getting back on the small screen, People.com.

"My husband and I are now shooting our reality show, which is going to be really fun," Sweetin said. "It's following us and our new baby."

Explained the former Full House star, "Kind of like a Tori & Dean vibe, but we're a little more rock and roll. We're a little edgier," with a laugh.

METRO NEWS SERVICES

celebrity brief

Gwyneth starts lifestyle site

ONLINE Academy Award winning actress Gwyneth Paltrow has launched her own lifestyle website, Goop by Gwyneth Paltrow, usmagazine.com reports.

Each of the sections, which include "Make," "Go," "Get," "Do," "Be," and "See," feature an essay written by Paltrow.

"My life is good because I am not passive about it," Paltrow writes.

METRO NEWS SERVICES

DeAnna wedding plans

COUPLE When it comes to weddings, The Bachelorette's engaged couple DeAnna Pappas and Jesse Csincsak are thinking small, People.com reports.

"We've gone from about 400 people and we're breaking it down," DeAnna Pappas told PEOPLE at Saturday's L.A. Confidential pre-Emmy party in Hollywood.

METRO NEWS SERVICES

Evacuation irks bare-faced Pam

PEOPLE Pamela Anderson was "mortified" when she had to evacuate a hotel without any makeup on, femalefirst.co.uk reports.

The former Baywatch actress was forced to leave her five-star Paris hotel looking less than glamorous at 9 a.m. after firefighters were called to deal with a suspected gas leak.

METRO NEWS SERVICES

"This makes no sense at all..."

by Joe O'Neill

So, Louisiana police are hot on the trail of a store worker for allegedly trying to sell photographs of **Jamie Lynn Spears** breastfeeding her baby. Isn't it sort of understood that one of the fringe benefits of working in a photo booth at Wal-Mart, besides being able to wallpaper your bedroom with pictures of every attractive woman in your hometown, is the opportunity of selling to the highest bidder copies of the private pictures belonging to any celebrity too cheap to have an inkjet printer at home?

People really ought to go to jail over this one, especially the guy who stole the photos, the person who buys them and anyone who actually cares about Jamie Lynn Spears and **Casey Aldridge**.

It's pretty sleazy and probably illegal in most states, to look at photos of a 17-year-old girl breastfeeding her child, but I doubt I'm the only one who's wondering whether Jamie Lynn squirts milk or Mountain Dew.

Of course, the real danger here is that if these pictures get out, it will spoil the surprise of seeing them for the first time in The Family Spears' Season's Greetings Togetherness Christmas Calendar, sure to be a hot seller later this year.

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